

**INSIDE OUT NUTRITION UK LIMITED
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

Watson Knipe Ltd

10 Milton Court
Ravenshead
Nottingham
NG15 9BD

Inside Out Nutrition UK Limited
Balance Sheet
As at 31 March 2022

Registered number: 06866557

	2022	2021
	£	£
Fixed assets	3,759	4,831
Current assets	37,321	38,315
Creditors: Amounts Falling Due Within One Year	(9,413)	(8,460)
NET CURRENT ASSETS	27,908	29,855
TOTAL ASSETS LESS CURRENT LIABILITIES	31,667	34,686
Creditors: Amounts Falling After More Than One Year	(14,800)	(14,800)
Accruals and deferred income	(630)	(630)
NET ASSETS	16,237	19,256
CAPITAL AND RESERVES	16,237	19,256

Notes

1. Average Number of Employees

Average number of employees, including directors, during the year was as follows: 1 (2021: 1)

2. General Information

Inside Out Nutrition UK Limited is a private company, limited by shares, incorporated in England & Wales, registered number 06866557 . The registered office is 10 Milton Court, Ravenshead, Nottingham, Nottinghamshire, NG15 9BD.

For the year ending 31 March 2022 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The member has not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The director acknowledges her responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the micro-entity provisions and delivered in accordance with the provisions applicable to companies subject to the small companies' regime.

On behalf of the board

Ms Adele Wolstenhulme

Director

22/09/2022

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.