

**INSIDE OUT NUTRITION UK LIMITED
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

Watson Knipe Ltd
10 Milton Court
Ravenshead
Nottingham
Nottinghamshire
NG15 9BD

Inside Out Nutrition UK Limited
Balance Sheet
As At 31 March 2023

Registered number: 06866557

	2023	2022
	£	£
Fixed assets	2,867	3,759
Current assets	39,606	37,321
Creditors: Amounts Falling Due Within One Year	(8,494)	(9,413)
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NET CURRENT ASSETS	31,112	27,908
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TOTAL ASSETS LESS CURRENT LIABILITIES	33,979	31,667
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Creditors: Amounts Falling After More Than One Year	(12,025)	(14,800)
Accruals and deferred income	(660)	(630)
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NET ASSETS	21,294	16,237
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CAPITAL AND RESERVES	21,294	16,237
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Notes

1. 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.

2. Average Number of Employees

Average number of employees, including directors, during the year was: 1 (2022: 1)

For the year ending 31 March 2023 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

24/07/2023

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.