

Company Registration No. 12169985 (England and Wales)

CONSCIOUS NUTRITION LTD
UNAUDITED FINANCIAL STATEMENTS
FOR THE PERIOD ENDED 31 AUGUST 2020
PAGES FOR FILING WITH REGISTRAR

CONSCIOUS NUTRITION LTD

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CONSCIOUS NUTRITION LTD

BALANCE SHEET

AS AT 31 AUGUST 2020

	Notes	2020 £	£
Fixed assets			
Tangible assets	3		2,395
Current assets			
Debtors	4	2,761	
Cash at bank and in hand		14,097	
		<u>16,858</u>	
Creditors: amounts falling due within one year	5	<u>(6,095)</u>	
Net current assets			<u>10,763</u>
Total assets less current liabilities			<u>13,158</u>
Creditors: amounts falling due after more than one year	6		<u>(12,108)</u>
Net assets			<u><u>1,050</u></u>
Capital and reserves			
Called up share capital	7		1
Profit and loss reserves			<u>1,049</u>
Total equity			<u><u>1,050</u></u>

The director of the company has elected not to include a copy of the profit and loss account within the financial statements.

For the financial period ended 31 August 2020 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The director acknowledges his responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The member has not required the company to obtain an audit of its financial statements for the period in question in accordance with section 476.

These financial statements have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved and signed by the director and authorised for issue on 20 May 2021

A Georgiou
Director

Company Registration No. 12169985

CONSCIOUS NUTRITION LTD

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 AUGUST 2020

1 Accounting policies

Company information

Conscious Nutrition Ltd is a private company limited by shares incorporated in England and Wales. The registered office is Apartment 63 50, Manchester Street, Manchester, M16 9GZ.

1.1 Accounting convention

These financial statements have been prepared in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the requirements of the Companies Act 2006 as applicable to companies subject to the small companies regime. The disclosure requirements of section 1A of FRS 102 have been applied other than where additional disclosure is required to show a true and fair view.

The financial statements are prepared in sterling, which is the functional currency of the company. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Reporting period

The company was incorporated on 22 August 2019 and the first accounting period is the period ended 31 August 2020.

1.3 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Office equipment	20% reducing balance
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The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is credited or charged to profit or loss.

1.4 Cash and cash equivalents

Cash and cash equivalents are basic financial assets and include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.5 Financial instruments

The company has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the company's balance sheet when the company becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

CONSCIOUS NUTRITION LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE PERIOD ENDED 31 AUGUST 2020

1 Accounting policies **(Continued)**

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price. Financial assets classified as receivable within one year are not amortised.

Classification of financial liabilities

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the company after deducting all of its liabilities.

Basic financial liabilities

Basic financial liabilities, including creditors, bank loans, loans from fellow group companies and preference shares that are classified as debt, are initially recognised at transaction price. Financial liabilities classified as payable within one year are not amortised.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price.

1.6 Equity instruments

Equity instruments issued by the company are recorded at the proceeds received, net of transaction costs. Dividends payable on equity instruments are recognised as liabilities once they are no longer at the discretion of the company.

1.7 Taxation

The tax expense represents the sum of the tax currently payable and deferred tax.

Current tax

The tax currently payable is based on taxable profit for the year. Taxable profit differs from net profit as reported in the profit and loss account because it excludes items of income or expense that are taxable or deductible in other years and it further excludes items that are never taxable or deductible. The company's liability for current tax is calculated using tax rates that have been enacted or substantively enacted by the reporting end date.

1.8 Employee benefits

The costs of short-term employee benefits are recognised as a liability and an expense, unless those costs are required to be recognised as part of the cost of stock or fixed assets.

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

2 Employees

The average monthly number of persons (including directors) employed by the company during the period was:

	2020 Number
Total	1

CONSCIOUS NUTRITION LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE PERIOD ENDED 31 AUGUST 2020

3	Tangible fixed assets	Plant and machinery etc
		£
	Cost	
	At 22 August 2019	-
	Additions	2,521
	At 31 August 2020	<u>2,521</u>
	Depreciation and impairment	
	At 22 August 2019	-
	Depreciation charged in the period	126
	At 31 August 2020	<u>126</u>
	Carrying amount	
	At 31 August 2020	<u><u>2,395</u></u>
4	Debtors	2020
	Amounts falling due within one year:	£
	Trade debtors	<u>2,761</u>
5	Creditors: amounts falling due within one year	2020
		£
	Bank loans	392
	Corporation tax	3,906
	Other creditors	1,797
		<u>6,095</u>
6	Creditors: amounts falling due after more than one year	2020
		£
	Bank loans and overdrafts	<u>12,108</u>

CONSCIOUS NUTRITION LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE PERIOD ENDED 31 AUGUST 2020

6 Creditors: amounts falling due after more than one year (Continued)

Creditors which fall due after five years are as follows: 2020
£

Payable by instalments 2,193

7 Called up share capital

	2020 Number	2020 £
Ordinary share capital Issued and fully paid		
Ordinary shares of £1 each	1	1
	<u> </u>	<u> </u>

On incorporation of the company 1 £1 Ordinary share was issued at par value.

8 Directors' transactions

During the period dividends of £18,000 were paid to the director.

At the balance sheet date the company owed the director £297 and this is included in other creditors. This loan is interest free and payable on demand.

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.