Registered Number 05265021

YOUR NUTRITION LIMITED

Abbreviated Accounts

31 October 2011

YOUR NUTRITION LIMITED **Registered Number 05265021**

Balance Sheet as at 31 October 2011

	Notes	2011		2010	
		£	£	£	£
Fixed assets					
Tangible	2		683		911
Total fixed assets			683		911
Current assets					
Stocks		32,800		24,200	
Cash at bank and in hand		26,637		36,895	
Total current assets		59,437		61,095	
Creditors: amounts falling due within one year		(46,688)		(35,566)	
Net current assets			12,749		25,529
Total assets less current liabilities			13,432		26,440
Total net Assets (liabilities)			13,432		26,440
Capital and reserves					
Called up share capital			1		1
Profit and loss account			13,431		26,439
Shareholders funds			13,432		26,440

a. For the year ending 31 October 2011 the company was entitled to exemption under section 477(2) of the Companies Act 2006.
b. The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006
c. The directors acknowledge their responsibility for:
    i. ensuring the company keeps accounting records which comply with Section 386; and
    ii. preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year, and of its profit or loss for the financial year, in accordance with the requirements of section 393, and which otherwise comply with the requirements of the Companies Act relating to accounts, so far as is applicable to the company.
d. These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the board on 10 August 2012

And signed on their behalf by:
R Berry, Director

This document was delivered using electronic communications and authenticated in accordance with section 707B(2) of the Companies Act 1985.

Notes to the abbreviated accounts

For the year ending 31 October 2011

1 Accounting policies

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standards for Small Entities (effective January 2005)

Turnover

Turnover is sales of nutritional supplements, vitamins and minerals, net of VAT and discounts.

Depreciation

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives.

Plant and Machinery	25.00% Reducing Balance

2 Tangible fixed assets

Cost	£
At 31 October 2010	2,699
additions	
disposals	
revaluations	
transfers	
At 31 October 2011	2,699
Depreciation	
At 31 October 2010	1,788
Charge for year	228
on disposals	
At 31 October 2011	2,016
Net Book Value	
At 31 October 2010	911
At 31 October 2011	683