

Registered number: 05265021

YOUR NUTRITION LIMITED

ABBREVIATED ACCOUNTS

FOR THE YEAR ENDED 31 OCTOBER 2012

YOUR NUTRITION LIMITED
REGISTERED NUMBER: 05265021

ABBREVIATED BALANCE SHEET
AS AT 31 OCTOBER 2012

	Note	£	2012 £	£	2011 £
FIXED ASSETS					
Tangible assets	2		512		683
CURRENT ASSETS					
Stocks		26,000		32,800	
Cash at bank		<u>20,197</u>		<u>26,637</u>	
		46,197		59,437	
CREDITORS: amounts falling due within one year		<u>(35,986)</u>		<u>(46,688)</u>	
NET CURRENT ASSETS			<u>10,211</u>		<u>12,749</u>
NET ASSETS			<u><u>10,723</u></u>		<u><u>13,432</u></u>
CAPITAL AND RESERVES					
Called up share capital	3		1		1
Profit and loss account			<u>10,722</u>		<u>13,431</u>
SHAREHOLDERS' FUNDS			<u><u>10,723</u></u>		<u><u>13,432</u></u>

The director considers that the company is entitled to exemption from the requirement to have an audit under the provisions of section 477 of the Companies Act 2006 ("the Act") and members have not required the company to obtain an audit for the year in question in accordance with section 476 of the Act.

The director acknowledges his responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and for preparing financial statements which give a true and fair view of the state of affairs of the company as at 31 October 2012 and of its profit for the year in accordance with the requirements of sections 394 and 395 of the Act and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The abbreviated accounts, which have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006, were approved and authorised for issue by the

board and were signed on its behalf on 17 July 2013.

R Berry
Director

The notes on page 2 form part of these financial statements.

YOUR NUTRITION LIMITED

NOTES TO THE ABBREVIATED ACCOUNTS FOR THE YEAR ENDED 31 OCTOBER 2012

1. ACCOUNTING POLICIES

1.1 Basis of preparation of financial statements

The full financial statements, from which these abbreviated accounts have been extracted, have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

1.2 Turnover

Turnover comprises revenue recognised by the company in respect of goods and services supplied during the year, exclusive of Value Added Tax and trade discounts.

1.3 Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Office equipment	-	25% reducing balance
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2. TANGIBLE FIXED ASSETS

£

Cost

At 1 November 2011 and 31 October 2012	<u>2,699</u>
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Depreciation

At 1 November 2011	2,016
Charge for the year	<u>171</u>

At 31 October 2012	<u>2,187</u>
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Net book value

At 31 October 2012	<u><u>512</u></u>
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At 31 October 2011

683

3. SHARE CAPITAL

	2012	2011
	£	£
Allotted, called up and fully paid		
1 Ordinary share of £1	<u>1.00</u>	<u>1.00</u>

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