Registered number: 05265021

YOUR NUTRITION LIMITED

ABBREVIATED ACCOUNTS

FOR THE YEAR ENDED 31 OCTOBER 2016

YOUR NUTRITION LIMITED
REGISTERED NUMBER: 05265021

ABBREVIATED BALANCE SHEET
AS AT 31 OCTOBER 2016

	Note	£	2016 £	£	*2015* £
FIXED ASSETS					
Tangible assets	2		376		*216*
CURRENT ASSETS					
Stocks		40,650		*35,350*	
Debtors		138		*151*	
Cash at bank		8,725		*35,669*	
		49,513		*71,170*	
CREDITORS: amounts falling due within one year		(48,931)		*(68,253)*	
NET CURRENT ASSETS			582		*2,917*
TOTAL ASSETS LESS CURRENT LIABILITIES			958		*3,133*
CAPITAL AND RESERVES					
Called up share capital	3		1		*1*
Profit and loss account			957		*3,132*
SHAREHOLDERS' FUNDS			958		*3,133*

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 2016 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 21 July 2017.

R Berry
Director

The notes on pages 2 to 3 form part of these financial statements.

NOTES TO THE ABBREVIATED ACCOUNTS FOR THE YEAR ENDED 31 OCTOBER 2016

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 January 2015).

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

1.4 Stocks

Stocks are valued at the lower of cost and net realisable value after making due allowance for obsolete and slow-moving stocks. Cost includes all direct costs and an appropriate proportion of fixed and variable overheads.

2. TANGIBLE FIXED ASSETS

	£
Cost	
At 1 November 2015	2,699
Additions	233
At 31 October 2016	2,932
Depreciation	
At 1 November 2015	2,483
Charge for the year	73
At 31 October 2016	2,556
Net book value	
At 31 October 2016	376
At 31 October 2015	*216*

NOTES TO THE ABBREVIATED ACCOUNTS
FOR THE YEAR ENDED 31 OCTOBER 2016

3. SHARE CAPITAL

	2016	*2015*
	£	£
Authorised, allotted, called up and fully paid		
1 Ordinary share of £1	1	*1*

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.