REGISTERED NUMBER: SC397463 (Scotland)

Abbreviated Unaudited Accounts for the Year Ended 30 June 2016

for

Informed Lifestyle Ltd

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for the Year Ended 30 June 2016

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Company Information
for the Year Ended 30 June 2016

DIRECTOR:	R Rock
REGISTERED OFFICE:	Cowan & Partners Limited 60 Constitution Street Leith Edinburgh MIDLOTHIAN EH6 6RR
REGISTERED NUMBER:	SC397463 (Scotland)
ACCOUNTANTS:	Cowan & Partners Limited 60 Constitution Street Edinburgh EH6 6RR

Abbreviated Balance Sheet
30 June 2016

	Notes	30.6.16 £	30.6.15 £
CURRENT ASSETS			
Debtors		2,100	2,100
Cash at bank		2,193	2,193
		4,293	4,293
CREDITORS			
Amounts falling due within one year		26,642	26,642
NET CURRENT LIABILITIES		(22,349)	(22,349)
TOTAL ASSETS LESS CURRENT LIABILITIES		(22,349)	(22,349)
CAPITAL AND RESERVES			
Called up share capital	2	100	100
Profit and loss account		(22,449)	(22,449)
SHAREHOLDERS' FUNDS		(22,349)	(22,349)

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 June 2016.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 June 2016 in accordance with Section 476 of the Companies Act 2006.

The director acknowledges his responsibilities for:

(a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Sections 394 and 395 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 have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The financial statements were approved by the director on 10 March 2017 and were signed by:

R Rock - Director

The notes form part of these abbreviated accounts

Notes to the Abbreviated Accounts
for the Year Ended 30 June 2016

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The accounts have been prepared on a going concern basis. However, the company can only continue to trade through the financial support of the Director. This support shall continue until such times as profits are generated and positive reserves are achieved.

Accounting convention
The financial statements have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2015).

The company was dormant throughout the year ended 30 June 2016. However, reference to information relating to the year ended 30 June 2015 has been made where appropriate.

2. CALLED UP SHARE CAPITAL

Allotted, issued and fully paid:

Number:	Class:	Nominal value:	30.6.16 £	30.6.15 £
100	Ordinary	£1	100	100

Chartered Accountants' Report to the Director
on the Unaudited Financial Statements of
Informed Lifestyle Ltd

The following reproduces the text of the report prepared for the director in respect of the company's annual unaudited financial statements, from which the unaudited abbreviated accounts (set out on pages two to three) have been prepared.

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the financial statements of Informed Lifestyle Ltd for the year ended 30 June 2016 which comprise the Profit and Loss Account, the Balance Sheet, and the related notes from the company's accounting records and from information and explanations you have given us.

As a practising member firm of the Institute of Chartered Accountants of Scotland, we are subject to its ethical and other professional requirements which are detailed at http://www.icas.org.uk/accountspreparationguidance.

This report is made solely to the director of Informed Lifestyle Ltd in accordance with our terms of engagement. Our work has been undertaken solely to prepare for your approval the financial statements of Informed Lifestyle Ltd and state those matters that we have agreed to state to the director of Informed Lifestyle Ltd in this report in accordance with the requirements of the Institute of Chartered Accountants of Scotland as detailed at http://www.icas.org.uk/accountspreparationguidance. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and its director for our work or for this report.

It is your duty to ensure that Informed Lifestyle Ltd has kept adequate accounting records and to prepare statutory financial statements that give a true and fair view of the assets, liabilities, financial position and profit of Informed Lifestyle Ltd. You consider that Informed Lifestyle Ltd is exempt from the statutory audit requirement for the year.

We have not been instructed to carry out an audit or a review of the financial statements of Informed Lifestyle Ltd. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the statutory financial statements.

Cowan & Partners Limited
60 Constitution Street
Edinburgh
EH6 6RR

10 March 2017

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.