Registered Number SC440107

INTEGRAL PROACTIVE HEALTH LIMITED

Abbreviated Accounts

31 January 2016

INTEGRAL PROACTIVE HEALTH LIMITED **Registered Number SC440107**

Abbreviated Balance Sheet as at 31 January 2016

	Notes	*2016*	*2015*
		£	£
Fixed assets			
Tangible assets	2	1,277	1,702
		1,277	1,702
Current assets			
Debtors		-	660
Cash at bank and in hand		32,747	21,418
		32,747	22,078
Creditors: amounts falling due within one year		(8,629)	(8,119)
Net current assets (liabilities)		24,118	13,959
Total assets less current liabilities		25,395	15,661
Total net assets (liabilities)		25,395	15,661
Capital and reserves			
Called up share capital		1	1
Profit and loss account		25,394	15,660
Shareholders' funds		25,395	15,661

- For the year ending 31 January 2016 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
- The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the Board on 2 May 2016

And signed on their behalf by:
Niall Rooney, Director

Notes to the Abbreviated Accounts for the period ended 31 January 2016

1 Accounting Policies

Basis of measurement and preparation of accounts

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities effective April 2008.

2 Tangible fixed assets

	£
Cost	
At 1 February 2015	2,578
Additions	-
Disposals	-
Revaluations	-
Transfers	-
At 31 January 2016	2,578
Depreciation	
At 1 February 2015	876
Charge for the year	425
On disposals	-
At 31 January 2016	1,301
Net book values	
At 31 January 2016	1,277
At 31 January 2015	1,702

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.