

Metastrength Holdings Limited

Unaudited Abbreviated Accounts

for the Year Ended 31 August 2016

Metastrength Holdings Limited
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The following reproduces the text of the accountants' report in respect of the company's annual financial statements, from which the abbreviated accounts (set out on pages 2 to 4) have been prepared.

**Chartered Certified Accountants' Report to the Director on the Preparation of the Unaudited
Statutory Accounts of
Metastrength Holdings Limited
for the Year Ended 31 August 2016**

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the accounts of Metastrength Holdings Limited for the year ended 31 August 2016 set out on pages from the company's accounting records and from information and explanations you have given us.

As a practising member firm of the Association of Chartered Certified Accountants, we are subject to its ethical and other professional requirements which are detailed at <http://www.accaglobal.com/en/member/professional-standards/rules-standards/acca-rulebook.html>.

This report is made solely to the Board of Directors of Metastrength Holdings Limited, as a body, in accordance with the terms of our engagement letter dated 18 June 2013. Our work has been undertaken solely to prepare for your approval the accounts of Metastrength Holdings Limited and state those matters that we have agreed to state to them, as a body, in this report in accordance with the requirements of the Association of Chartered Certified Accountants as detailed at http://www2.accaglobal.com/pubs/members/publications/technical_factsheets/downloads/163.doc. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than Metastrength Holdings Limited and its Board of Directors as a body for our work or for this report.

It is your duty to ensure that Metastrength Holdings Limited has kept adequate accounting records and to prepare statutory accounts that give a true and fair view of the assets, liabilities, financial position and profit of Metastrength Holdings Limited. You consider that Metastrength Holdings Limited 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 accounts of Metastrength Holdings Limited. 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 accounts.

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HowdenWhite LLP
Certified Chartered Accountants
Units 16-18
The Boscombe Centre
Mills Way
Amesbury
Wiltshire
SP4 7SD
11 January 2017

Metastrength Holdings Limited
(Registration number: SC454439)
Abbreviated Balance Sheet at 31 August 2016

	Note	2016 £	2015 £
Fixed assets			
Investments		151	151
Current assets			
Debtors		150	150
Creditors: Amounts falling due within one year		(151)	(151)
Net current liabilities		(1)	(1)
Net assets		150	150
Capital and reserves			
Called up share capital	<u>3</u>	150	150
Shareholders' funds		150	150

For the year ending 31 August 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 director acknowledges her 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 director on 11 January 2017

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Mrs Alison Claire Astill-Smith
Director

The notes on pages 3 to 4 form an integral part of these financial statements.

Metastrength Holdings Limited
Notes to the Abbreviated Accounts for the Year Ended 31 August 2016
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1 Accounting policies

Basis of preparation

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).

Exemption from preparing group accounts

The company is part of a small group. The company has taken advantage of the exemption provided by Section 398 of the Companies Act 2006 and has not prepared group accounts.

Fixed asset investments

Fixed asset investments are stated at historical cost less provision for any diminution in value.

Financial instruments

Financial instruments are classified and accounted for, according to the substance of the contractual arrangement, as financial assets, financial liabilities or equity instruments. An equity instrument is any contract that evidences a residual interest in the assets of the company after deducting all of its liabilities. Where shares are issued, any component that creates a financial liability of the company is presented as a liability in the balance sheet. The corresponding dividends relating to the liability component are charged as interest expense in the profit and loss account.

2 Fixed assets

	Investments £	Total £
Cost		
At 1 September 2015	151	151
At 31 August 2016	151	151
Depreciation		
At 31 August 2016	-	-
Net book value		
At 31 August 2016	151	151
At 31 August 2015	151	151

Details of undertakings

Details of the investments in which the company holds 20% or more of the nominal value of any class of share capital are as follows:

Metastrength Holdings Limited
Notes to the Abbreviated Accounts for the Year Ended 31 August 2016

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Undertaking	Holding	Proportion of voting rights and shares held	Principal activity
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Subsidiary undertakings

Metabolics Limited	Ordinary	100%	mail order and manufacturer of nutritional supplies
Nutristrength Limited	Ordinary	100%	online retail of high quality nutritional sports supplements
A Claire Ltd	Ordinary	100%	online retail of natural beauty products

3 Share capital

Allotted, called up and fully paid shares

	2016		2015	
	No.	£	No.	£
Ordinary of £1 each	150	150	150	150

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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.