



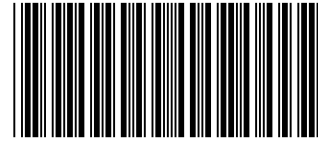
Companies House
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Annual Return

Company Name: **BENEFIT HEALTH FOODS LIMITED**

Company Number: **02139599**



X958QDRD

Received for filing in Electronic Format on the: **16/03/2006**

Company Details

Period Ending: **01/03/2006**

Company Type: **PRIVATE COMPANY LIMITED BY SHARES**

Principal Business Activities:

SIC Codes
7499

Registered Office:
Address:

**SAPPHIRE COURT
WALSgrave TRIANGLE
COVENTRY
ENGLAND
CV2 2TX**

Register of
Members Address:

At Registered Office

Register of Debenture
Holders Address:

Not Applicable

Details of Officers of the Company

Company Secretary:

Name: **MISS JANET RUTH HEATON**

Address: **7 HUNTERS ROW
PORTLAND STREET
COSBY
LEICESTERSHIRE
ENGLAND LE9 1TQ**

Director 1:

<i>Name:</i>	MR JOHN HOOD	<i>Address:</i>	BRIARWOOD
<i>Date of Birth:</i>	17/11/1952		15 TWATLING ROAD
<i>Nationality:</i>	BRITISH		BARNT GREEN
<i>Occupation:</i>	FINANCE DIRECTOR		BIRMINGHAM
			WEST MIDLANDS
			ENGLAND B45 8HX

Director 2:

<i>Name:</i>	MR PETER SMERDON	<i>Address:</i>	40 STONETON CRESCENT
<i>Date of Birth:</i>	20/10/1950		BALSALL COMMON
<i>Nationality:</i>	BRITISH		COVENTRY
<i>Occupation:</i>	COMPANY SECRETARY		WARWICKSHIRE
			ENGLAND CV7 7QG

Share Capital

Issued Share Capital Details:

<i>Class of share</i>	<i>Number of shares issued</i>	<i>Aggregate nominal value of issued shares</i>
ORDINARY SHARES OF £1 EACH	2	GBP2
TOTALS	2	GBP2

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 01/03/2006, or that had ceased to be shareholders since the made up date of the previous Annual Return.

Shareholding 1:

2 ORDINARY SHARES OF £1 EACH Shares held as at 01/03/2006

Name: **LLOYDS CHEMISTS LIMITED**

Address: **SAPPHIRE COURT
WALSgrave TRIANGLE
COVENTRY
ENGLAND CV2 2TX**

Authorisation

Authoriser Designation: **DIRECTOR** *Date Authorised:* **16/03/2006** *Authenticated:* **Yes (E/W)**