



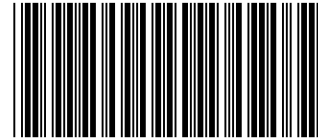
363a_(ef)

Companies House
— for the record —

Annual Return

Company Name: BENEFIT HEALTH FOODS LIMITED

Company Number: 02139599



Received for filing in Electronic Format on the: 02/04/2007

XT9950DE

Company Details

Period Ending: 01/03/2007

Company Type: PRIVATE COMPANY LIMITED BY SHARES

Principal Business Activities:

SIC Codes
7499

Registered Office:
Address:

Register of
Members Address:

Register of Debenture
Holders Address:

SAPPHIRE COURT
WALSgrave TRIANGLE
COVENTRY
ENGLAND
CV2 2TX

At Registered Office

Not Applicable

Details of Officers of the Company

Company Secretary:

Name:	MRS JENNIFER ANNE BRIERLEY	Address:	65 OPHELIA DRIVE, HEATHCOTE WARWICK WARWICKSHIRE ENGLAND CV34 6XJ
--------------	-----------------------------------	-----------------	--

Director 1:

Name:	MR JOHN HOOD	Address:	27 MEDINA HOUSE, DIGLIS DOCK ROAD WORCESTER WR5 3DD
Date of Birth:	17/11/1952		
Nationality:	BRITISH		
Occupation:	FINANCE DIRECTOR		

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 01/03/2007, 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 01/03/2007

Name: **LLOYDS CHEMISTS LIMITED**

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

Authorisation

Authoriser Designation: **DIRECTOR** *Date Authorised:* **02/04/2007** *Authenticated:* **Yes (E/W)**