



Companies House
— for the record —

AR01 (ef)

Annual Return



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Received for filing in Electronic Format on the: **14/04/2010**

Company Name: **BENEFIT HEALTH FOODS LIMITED**

Company Number: **02139599**

Date of this return: **01/03/2010**

SIC codes: **7499**

Company Type: **Private company limited by shares**

Situation of Registered Office: **SAPPHIRE COURT SAPPHIRE COURT
WALSGRAVE TRIANGLE
COVENTRY
ENGLAND
CV2 2TX**

Officers of the company

Company Secretary **1**

Type: **Person**

Full forename(s): **MRS JENNIFER ANNE**

Surname: **BRIERLEY**

Former names:

Service Address: **SAPPHIRE COURT SAPPHIRE COURT
WALSGRAVE TRIANGLE
COVENTRY
ENGLAND
CV2 2TX**

Company Director **1**

Type: **Person**

Full forename(s): **MR ANDREW JOHN**

Surname: **WILLETTS**

Former names:

Service Address: **SAPPHIRE COURT SAPPHIRE COURT
WALSGRAVE TRIANGLE
COVENTRY
ENGLAND
CV2 2TX**

Country/State Usually Resident: **GREAT BRITAIN**

Date of Birth: **1963-06-16** *Nationality:* **BRITISH**

Occupation: **CHARTERED ACCOUNTANT**

Company Director **2**

Type: **Person**

Full forename(s): **MR PETER**

Surname: **SMERDON**

Former names:

Service Address: **SAPPHIRE COURT SAPPHIRE COURT
WALSGRAVE TRIANGLE
COVENTRY
ENGLAND
CV2 2TX**

Country/State Usually Resident: **ENGLAND**

Date of Birth: **1950-10-20** *Nationality:* **BRITISH**

Occupation: **COMPANY SECRETARY**

Statement of Capital (Share Capital)

Class of shares	ORDINARY ?1	<i>Number allotted</i>	2
		<i>Aggregate nominal value</i>	2
<i>Currency</i>	GBP	<i>Amount paid per share</i>	1
		<i>Amount unpaid per share</i>	0
<i>Prescribed particulars</i>	ORDINARY SHARES HAVE ATTACHED TO THEM FULL VOTING, DIVIDEND AND CAPITAL DISTRIBUTION (INCLUDING ON WIND UP) RIGHTS. THEY DO NOT CONFER ANY RIGHTS OF REDEMPTION.		

Statement of Capital (Totals)

<i>Currency</i>	GBP	<i>Total number of shares</i>	2
		<i>Total aggregate nominal value</i>	2

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 01/03/2010 or that had ceased to be shareholders since the made up date of the previous Annual Return

A full list of shareholders for a private or non-traded public company are shown below

Shareholding : 1

2 ORDINARY ?1 Shares held as at 01/03/2010

Name: **LLOYDS CHEMISTS LIMITED**

Address:

Shareholding : 2

**0 ORDINARY ?1 Shares held as at 01/03/2010
1 DISPOSED OF IN PERIOD ON 11/04/1997**

Name: **LLOYDS NOMINEES LIMITED**

Address:

Shareholding : 3

**0 ORDINARY ?1 Shares held as at 01/03/2010
1 DISPOSED OF IN PERIOD ON 11/04/1997**

Name: **MACARTHY LIMITED**

Address:

Authorisation

Authenticated

This form was authorised by one of the following:

Director, Secretary, Person Authorised, Charity Commission Receiver and Manager, CIC Manager, Judicial Factor.