



SECRETARIAT

Please complete in typescript,
or in bold black capitals

288a

APPOINTMENT of director or secretary
(NOT for resignation (use Form 288b) or change
of particulars (use Form 288c))

CHFP029

Company Number 2139599

Company Name in full BENEFIT HEALTH FOODS LIMITED

**Appointment
form**Date of appointment
Day Month Year
3 0 0 9 2 0 0 2†Date of Birth
Day Month Year
1 7 1 1 1 9 5 2

Appointment as director

X

as secretary

Please mark the appropriate box. If appointment is
as a director and secretary mark both boxes.**NAME**

*Style / Title

MR

*Honours etc

FCA

Notes on completion
appear on reverse.

Forename(s)

JOHN

Surname

HOOD

Previous
Forename(s)Previous
Surname(s)**Usual residential
address**

BRIARWOOD, 15 TWATLING ROAD, BARNT GREEN

Post town

BIRMINGHAM

Postcode

B45 8HX

County / Region

WEST MIDLANDS

Country

ENGLAND

†Nationality

BRITISH

†Business occupation

FINANCE DIRECTOR

†Other directorships
(additional space overleaf)

SEE CONTINUATION PAGE

I consent to act as ** director / ~~secretary~~ of the above named company**Consent signature**

Date

09 OCT 2002

* Voluntary details.

† Directors only.

**Delete as appropriate

A director, secretary etc must sign the form below.**Signed**

Date

09 OCT 2002

(** a director / secretary / administrator / administrative receiver / receiver manager / receiver)

Please give the name, address,
telephone number and, if available,
a DX number and Exchange of
the person Companies House should
contact if there is any query.

MISS A WYLLIE, GEHE UK PLC, SAPPHIRE COURT, WALSGRAVE TRIANGLE, COVENTRY, WARWICKSHIRE,

CV2 2TX

Tel 024 7643 2513

DX number

DX exchange

When you have completed and signed the form please send it to the
Registrar of Companies at:**Companies House, Crown Way, Cardiff, CF14 3UZ****DX 33050 Cardiff**

for companies registered in England and Wales or

Companies House, 37 Castle Terrace, Edinburgh, EH1 2EB

for companies registered in Scotland

DX 235 EdinburghA32
COMPANIES HOUSE0128
15/10/02

Company Number

2139599

† Directors only.

† Other directorships

AAH TWENTY FOUR LIMITED

BANNISTER & THATCHER LIMITED

BZB LIMITED

CARACROWN LIMITED

DILLONS UK LTD (31/08/1998)

F. FLYNN CHEMIST (ST. HELENS) LIMITED

H KERRUISH LIMITED

OXMOOR HC LIMITED

PHARMACY CARE LIMITED

STEPHEN SMITH LIMITED

NOTES

Show the full forenames, NOT INITIALS. If the director or secretary is a corporation or Scottish firm, show the name on surname line and registered or principal office on the usual residential line.

Give previous forenames or surname(s) except:

- for a married woman, the name by which she was known before marriage need not be given.

- for names not used since the age of 18 or for at least 20 years

A peer or individual known by a title may state the title instead of or in addition to the forenames and surname and need not give the name by which that person was known before he or she adopted the title or succeeded to it.

Other directorships.

Give the name of every company incorporated in Great Britain of which the person concerned is a director or has been a director at any time in the past five years.

You may exclude a company which either is, or at all times during the past five years when the person concerned was a director, was

- dormant

- a parent company which wholly owned the company making the return, or

- another wholly owned subsidiary of the same parent company.