



Global Corporate Manager

363a

479122/555

Please complete in typescript,  
or in bold black capitals.

## Annual Return

CHFP029

Company Number 2139599

Company Name in full BENEFIT HEALTH FOODS LIMITED

### Date of this return

The information in this return is made up to

Day Month Year

01/03/2004

### Date of next return

If you wish to make your next return  
to a date earlier than the anniversary  
of this return please show the date here.  
Companies House will then send a form  
at the appropriate time.

Day Month Year

01/03/2005

### Registered Office

Show here the address at the date of  
this return.

Sapphire Court

Walsgrave Triangle

Any change of  
registered office  
must be notified  
on form 287.

Post town

COVENTRY

County / Region

UK Postcode

CV2 2TX

### Principal business activities

Show trade classification code number(s)  
for the principal activity or activities.

7499

If the code number cannot be determined,  
give a brief description of principal activity.



Form April 2002

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 Edinburgh  
Page 1

## Register of members

If the register of members is not kept at the registered office, state here where it is kept.

Post town

County / Region

UK Postcode

## Register of Debenture holders

If there is a register of debenture holders, or a duplicate of any such register or part of it, which is not kept at the registered office, state here where it is kept.

Post town

County / Region

UK Postcode

## Company type

Public limited company

Private company limited by shares

Private company limited by guarantee without share capital

Private company limited by shares exempt under section 30

Private company limited by guarantee exempt under section 30

Private unlimited company with share capital

Private unlimited company without share capital

Please tick the appropriate box

## Company Secretary

\* Voluntary details

(Please photocopy this area to provide details of joint secretaries).

†† Tick this box if the address shown is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985 otherwise, give your usual residential address. In the case of a corporation, or Scottish firm, give the registered or principal office address

Name

\* Style / Title

Forename(s)

Surname

Address ††

Post town

County / Region

Country

Details of a new company secretary must be notified on form 288a.

Miss

Janet Ruth

Heaton

7 Hunters Row

Portland Street

Cosby

Leicestershire

UK Postcode

England

If a partnership give the names and addresses of the partners or the name of the partnership and office address.

## Directors

Details of new directors must be notified on form 288a

Please list directors in alphabetical order.

**Directors** In the case of a director that is a corporation or a Scottish firm, the name is the corporate or firm name.

†† Tick this box if the address shown is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985 otherwise, give your usual residential address. In the case of a corporation, or Scottish firm, give the registered or principal office address

Name	* Style / Title	Mr							
		Day	Month	Year					
	Date of Birth	1	7	11	19	5	2		
	Forename(s)	John							
	Surname	Hood							
<input type="checkbox"/>	Address ††	Briarwood							
		15 Twatling Road, Barnt Green							
	Post town	BIRMINGHAM							
	County / Region	West Midlands	UK Postcode	B	4	5	8	H	X
	Country	England	Nationality	British					
	Business occupation	Finance Director							

\* Voluntary details.

**Directors** In the case of a director that is a corporation or a Scottish firm, the name is the corporate or firm name.

†† Tick this box if the address shown is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985 otherwise, give your usual residential address. In the case of a corporation, or Scottish firm, give the registered or principal office address

Name	* Style / Title	Mr							
		Day	Month	Year					
	Date of Birth	2	0	10	1	9	5	0	
	Forename(s)	Peter							
	Surname	Smerdon							
<input type="checkbox"/>	Address ††	40 Stoneton Crescent							
		Balsall Common							
	Post town	Coventry							
	County / Region	Warwickshire	UK Postcode	C	V	7	7	Q	G
	Country	England	Nationality	British					
	Business occupation	Company Secretary							

**Issued share capital**

Enter details of all the shares in issue at the date of this return.

**Class**  
(e.g. Ordinary/Preference)

**Number of  
shares issued**

**Aggregate  
Nominal Value**

(i.e. Number of shares issued multiplied by nominal value per share, or total amount of stock)

ORDINARY £1	2	GBP	2.00
Totals	2	GBP	2.00

**List of past and present shareholders**

(Use attached schedule where appropriate)

A full list is required if one was not included with either of the last two returns.

There were no changes in the period

☐

on paper

in another format

A list of changes is enclosed

☐
☐

A full list of shareholders is enclosed

☒
☐
**Certificate**

I certify that the information given in this return is true to the best of my knowledge and belief.

**Signed**

*[Signature]*

**Date**

10 MAR 2004

† Please delete as appropriate.

† a director / secretary

When you have signed the return send it with the fee to the Registrar of Companies. Cheques should be made payable to **Companies House**.

This return includes

continuation sheets

(enter number)

You do not have to give any contact information in the box opposite but if you do, it will help Companies House to contact you if there is a query on the form. The contact information that you give will be visible to searchers of the public record.

Miss A Wyllie

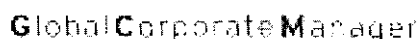
Admenta UK plc, Sapphire Court, Walsgrave Triangle, COVENTRY, CV2

2TX.

Tel

DX number

DX exchange



## CHFP029

**Company Number** | 2139599

**Company Name in full** | BENEFIT HEALTH FOODS LIMITED

- Changes to shareholders particulars or details of the amount of stock or shares transferred must be completed each year
- You must provide a "full list" of all the company shareholders on:
  - The company's first annual return following incorporation;
  - Every third annual return after a full list has been provided
- List the company shareholders in alphabetical order or provide an index
- List joint shareholders consecutively

Shareholders' details	Class and number of shares or amount of stock held	Shares or amount of stock transferred <i>(if appropriate)</i>	Date of registration of transfer
Name LLOYDS CHEMISTS LIMITED _____ Address Sapphire Court, Walsgrave Triangle, _____ COVENTRY, England. _____ _____ UK Postcode CV2 2 TX	ORDINARY £1	2	
Name _____ Address _____ _____ _____ _____ UK Postcode L L L L L L L			
Name _____ Address _____ _____ _____ _____ UK Postcode L L L L L L L			