



COMPANIES HOUSE

THE REGISTRAR OF COMPANIES  
COMPANIES HOUSE  
CROWN WAY  
CARDIFF  
CF4 3UZ



This form should be completed in black.

The information printed below is taken from Companies House records as at 31/10/97

If this information requires amendment use the spaces opposite.

**Date of this return** (See note 1)

The information in this return should be made up to a date not later than

Day	Month	Year
17	11	97

**Date of next return** (See note 2)

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

Day	Month	Year

**Registered Office** (See note 3)

This is the address registered by Companies House.

15 STATION ROAD  
ST. IVES  
CAMBRIDGESHIRE  
PE17 4BH

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**Principal business activities** (See note 4)

Trade classification is  
5170 OTHER WHOLESALE

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

NW 022859

PS-00

363s

# Annual Return

of company number 02251877

Q

company name  
SOLGAR VITAMINS LIMITED

company type  
PRIVATE COMPANY LIMITED BY SHARES

02251877

**Register of members** (See note 5)

The register is kept at

15 STATION ROAD  
ST IVES  
CAMBRIDGESHIRE  
PE17 4BH

If the information shown needs amendment, give details below and, for secretary and director particulars, the date of any change.

**Register of debenture holders** (See note 6)

Any register of debenture holders (or duplicate) is kept at

**Company Secretary** (See note 7)

Particulars of a new secretary **must** be notified on form 288.

ALLEN  
SKOLNICK  
PO BOX 330  
LYNBROOK  
NEW YORK 11563  
USA

Day	Month	Year

 Date of any change.

If this person has ceased to be secretary, please state when.

Day	Month	Year

 Date of resignation.

**Directors** (See note 7)

Particulars of a new director **must** be notified on form 288.

RAND HARLAN  
SKOLNICK  
15 STATION ROAD  
ST IVES  
CAMBRIDGESHIRE PE17 4BH

Day	Month	Year

 Date of any change.

Date of Birth:— 10/07/58  
Nat:US CITIZEN  
Occ:DIRECTOR OF COMPANY

If this person has ceased to be director, please state when.

Day	Month	Year

 Date of resignation.

Show any relevant current and previous directorships.

If the information shown needs amendment,  
give details below and the date of any change.

**Directors - continued**

Particulars.

Day	Month	Year

Date of any change.

NO MORE DIRECTORS -- ADDITIONAL SECRETARIES  
OR DIRECTORS MUST BE NOTIFIED ON FORM 288a.

If this person has ceased to be director, please  
state when.

Day	Month	Year

Date of resignation.

Show any relevant current and previous directorships.

Particulars.

Day	Month	Year

Date of any change.

NO MORE DIRECTORS -- ADDITIONAL SECRETARIES  
OR DIRECTORS MUST BE NOTIFIED ON FORM 288a.

If this person has ceased to be director, please  
state when.

Day	Month	Year

Date of resignation.

Show any relevant current and previous directorships.

Particulars.

Day	Month	Year

Date of any change.

NO MORE DIRECTORS -- ADDITIONAL SECRETARIES  
OR DIRECTORS MUST BE NOTIFIED ON FORM 288a.

If this person has ceased to be director, please  
state when.

Day	Month	Year

Date of resignation.

Show any relevant current and previous directorships.

**Issued Share Capital** (See note 8)

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

Class (eg Ordinary/ Preference etc)	Number of shares issued	Aggregate nominal value (ie Number of shares issued multiplied by nominal value per share)
<i>A Ordinary</i>	<i>2</i>	<i>£2</i>
<i>B Ordinary</i>	<i>1</i>	<i>£1</i>
Totals	<i>3</i>	<i>£3</i>

**List of past and present members**

(See note 9)

(Use attached schedule where appropriate)

Please mark the appropriate box.

A full list is required.

on paper      not on  
paper

A full list of members is enclosed ☒☐**Elective resolutions** (See note 10)

(Private companies only)

If an elective resolution is in force at the date of this return to dispense with annual general meetings, *mark this box.*

☐

If an elective resolution is in force at the date of this return to dispense with laying accounts in general meetings, *mark this box.*

☐**Certificate**

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

**Signed**

*[Signature]*  
Secretary/Director\*  
\*(delete as appropriate)

Date *12/1/58*I enclose the fee of **£15.**

Cheques should be made payable  
to **Companies House.**

This return includes \_\_\_\_\_ continuation sheets.  
(enter number)

**Please ensure that you have completed  
all sections on this page.**

To whom should Companies House direct any  
enquiries about the information shown in this  
return?----->

.....  
.....  
.....

..... Postcode .....

Telephone ..... Ext .....

## LIST OF PAST AND PRESENT MEMBERS

**SCHEDULE TO FORM 363**[illegible]

**Continued overleaf**

### LIST OF PAST AND PRESENT MEMBERS (continued)

**SCHEDULE TO FORM 363**[illegible]