

REGISTERED NUMBER: 03349945 (England and Wales)

ABBREVIATED UNAUDITED ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2016

FOR

HEALTH ZONE LIMITED

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for the Year Ended 31 March 2016**

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HEALTH ZONE LIMITED
COMPANY INFORMATION
for the Year Ended 31 March 2016

DIRECTORS: A Faik
M Qadri

SECRETARY: M Qadri

REGISTERED OFFICE: Suite 211/212
Surrey House
34 Eden Street
Kingston upon Thames
Surrey
KT1 1ER

REGISTERED NUMBER: 03349945 (England and Wales)

ACCOUNTANTS: J Tanna & Co Limited
Suite 211/212
Surrey House
34 Eden Street
Kingston upon Thames
Surrey
KT1 1ER

HEALTH ZONE LIMITED (REGISTERED NUMBER: 03349945)

**ABBREVIATED BALANCE SHEET
31 March 2016**

	Notes	31.3.16 £	£	31.3.15 £	£
FIXED ASSETS					
Tangible assets	2		2,313,983		2,315,250
CURRENT ASSETS					
Stocks		85,127		99,231	
Debtors		706,732		100,000	
Cash at bank and in hand		<u>408,238</u>		<u>529,977</u>	
		1,200,097		729,208	
CREDITORS					
Amounts falling due within one year		<u>189,300</u>		<u>203,435</u>	
NET CURRENT ASSETS			<u>1,010,797</u>		<u>525,773</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			3,324,780		2,841,023
CREDITORS					
Amounts falling due after more than one year	3		<u>2,500,000</u>		<u>2,100,000</u>
NET ASSETS			<u>824,780</u>		<u>741,023</u>
CAPITAL AND RESERVES					
Called up share capital	4		200		200
Profit and loss account			<u>824,580</u>		<u>740,823</u>
SHAREHOLDERS' FUNDS			<u>824,780</u>		<u>741,023</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2016.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2016 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:

- (a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.
- (b)

HEALTH ZONE LIMITED (REGISTERED NUMBER: 03349945)

ABBREVIATED BALANCE SHEET - continued
31 March 2016

The abbreviated accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The financial statements were approved by the Board of Directors on 26 August 2016 and were signed on its behalf by:

A Faik - Director

M Qadri - Director

The notes form part of these abbreviated accounts

NOTES TO THE ABBREVIATED ACCOUNTS
for the Year Ended 31 March 2016

1. ACCOUNTING POLICIES**Accounting convention**

The financial statements have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2015).

Turnover

Turnover represents net invoiced sale of services, excluding value added tax. It is recognised when the company has earned the right to the consideration by fulfilling its obligations.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Land and buildings	- 2% on cost and in accordance with the property
Plant and machinery etc	- 25% on reducing balance

Stocks

Stocks are valued at the lower of cost and net realisable value on a first in first out basis and after making due allowance for obsolete and slow moving items.

Deferred tax

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date.

2. TANGIBLE FIXED ASSETS

	Total £
COST	
At 1 April 2015	2,750,657
Additions	<u>53,492</u>
At 31 March 2016	<u>2,804,149</u>
DEPRECIATION	
At 1 April 2015	435,407
Charge for year	<u>54,759</u>
At 31 March 2016	<u>490,166</u>
NET BOOK VALUE	
At 31 March 2016	<u><u>2,313,983</u></u>
At 31 March 2015	<u><u>2,315,250</u></u>

3. CREDITORS

Creditors include an amount of £ 2,500,000 (31.3.15 - £ 2,100,000) for which security has been given.

HEALTH ZONE LIMITED (REGISTERED NUMBER: 03349945)

NOTES TO THE ABBREVIATED ACCOUNTS - continued
for the Year Ended 31 March 2016

4. CALLED UP SHARE CAPITAL

Allotted, issued and fully paid:

Number:	Class:	Nominal value:	31.3.16 £	31.3.15 £
100	Ordinary	£1	100	100
100	Preference	£1	<u>100</u>	<u>100</u>
			<u>200</u>	<u>200</u>

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.