



Companies House
for the record

88(2)

Return of Allotment of Shares

Please complete in typescript, or
in bold black capitals.

CHWP000

Company Number

4841983

Company name in full

CERES HEALTH FOODS LTD

Shares allotted (including bonus shares):

Date or period during which
shares were allotted

(If shares were allotted on one date
enter that date in the "from" box)

From

Day Month Year

23 07 2003

To

Day Month Year

23 10 2003

Class of shares

(ordinary or preference etc)

ORDINARY

Number allotted

200

Nominal value of each share

£1

Amount (if any) paid or due on each
share (including any share premium)

£1

List the names and addresses of the allottees and the number of shares allotted to each overleaf

If the allotted shares are fully or partly paid up otherwise than in cash please state:

% that each share is to be
treated as paid up

Consideration for which
the shares were allotted

(This information must be supported by
the duly stamped contract or by the duly
stamped particulars on Form 88(3) if the
contract is not in writing)

When you have completed and signed the form send it to
the Registrar of Companies at:

Companies House, Crown Way, Cardiff CF14 3UZ
For companies registered in England and Wales

DX 33050 Cardiff

Companies House, 37 Castle Terrace, Edinburgh EH1 2EB
For companies registered in Scotland

DX 235
Edinburgh



A38
COMPANIES HOUSE

0329
28/10/03

Names and addresses of the allottees (List joint share allotments consecutively)

Shareholder details		Shares and share class allotted	
Name <u>MR. A. M. DRUMMOND</u>		Class of shares allotted	Number allotted
Address <u>IRONVILLE HOUSE,</u> <u>IRONVILLE,</u> <u>NOTTINGHAM</u> UK Postcode <u>NG16 5NN</u>		<u>ORDINARY</u> <u>£1 SHARES</u>	<u>100</u>
Name <u>MRS S. M. DRUMMOND</u>		Class of shares allotted	Number allotted
Address <u>IRONVILLE HOUSE</u> <u>IRONVILLE</u> <u>NOTTINGHAM</u> UK Postcode <u>NG16 5NN</u>		<u>ORDINARY</u> <u>£1 SHARES</u>	<u>100</u>
Name 		Class of shares allotted	Number allotted
Address UK Postcode <u> </u>			
Name 		Class of shares allotted	Number allotted
Address UK Postcode <u> </u>			
Name 		Class of shares allotted	Number allotted
Address UK Postcode <u> </u>			

Please enter the number of continuation sheets (if any) attached to this form

Signed

A. M. Drummond

Date

Oct 23 2003

A director / secretary / administrator / administrative receiver / receiver manager / receiver

Please delete as appropriate

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.

Tel	
DX number	DX exchange