

COMPANY REGISTRATION NUMBER: 05364013

**Healthy By Nature Limited**

**Filleted Unaudited Financial Statements**

**28 February 2019**

# **Healthy By Nature Limited**

## **Financial Statements**

**Year ended 28 February 2019**

### **Contents**

	<b>Page</b>
Balance sheet	<b>1</b>
Notes to the financial statements	<b>3</b>

# Healthy By Nature Limited

## Balance Sheet

28 February 2019

		2019	2018
	Note	£	£
<b>Fixed assets</b>			
Tangible assets	5	339	100
<b>Current assets</b>			
Stocks		95,738	166,377
Debtors	6	345,654	343,374
Cash at bank and in hand		218,444	198,926
		659,836	708,677
<b>Creditors: amounts falling due within one year</b>	7	218,020	211,749
<b>Net current assets</b>		441,816	496,928
<b>Total assets less current liabilities</b>		442,155	497,028
<b>Provisions</b>			
Deferred taxation		64	—
<b>Net assets</b>		442,091	497,028
<b>Capital and reserves</b>			
Called up share capital	8	88	88
Share premium account		39,968	39,968
Capital redemption reserve		12	12
Profit and loss account		402,023	456,960
<b>Shareholders funds</b>		442,091	497,028

These financial statements have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

In accordance with section 444 of the Companies Act 2006, the statement of income and retained earnings has not been delivered.

For the year ending 28 February 2019 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476 ;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements .

# Healthy By Nature Limited

## Balance Sheet *(continued)*

**28 February 2019**

These financial statements were approved by the board of directors and authorised for issue on 14 November 2019  
, and are signed on behalf of the board by:

E W Baylis

Director

D P Reeds

Director

Company registration number: 05364013

# **Healthy By Nature Limited**

## **Notes to the Financial Statements**

### **Year ended 28 February 2019**

#### **1. General information**

The company is a private company limited by shares, registered in England and Wales. The address of the registered office is 4 Brackley Close, Bournemouth International Airport, Christchurch, Dorset, BH23 6SE.

#### **2. Statement of compliance**

These financial statements have been prepared in compliance with Section 1A of FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland'.

#### **3. Accounting policies**

##### **Basis of preparation**

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities measured at fair value through profit or loss. The financial statements are prepared in sterling, which is the functional currency of the entity.

##### **Judgements and key sources of estimation uncertainty**

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

##### **Revenue recognition**

The turnover shown in the profit and loss account represents amounts invoiced for goods provided during the year, exclusive of Value Added Tax.

##### **Taxation**

Current tax is recognised on taxable profit for the current and, where not previously recognised, past periods. Current tax is measured at the amounts of tax expected to pay or recover using the tax rates and laws that have been enacted or substantively enacted at the reporting date. Deferred tax is recognised in respect of all timing differences at the reporting date. Unrelieved tax losses and other deferred tax assets are recognised to the extent that it is probable that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits. Deferred tax is measured using the tax rates and laws that have been enacted or substantively enacted by the reporting date that are expected to apply to the reversal of the timing difference.

##### **Foreign currencies**

Foreign currency transactions are initially recorded in the functional currency, by applying the spot exchange rate as at the date of the transaction. Monetary assets and liabilities denominated in foreign currencies are translated at the exchange rate ruling at the reporting date, with any gains or losses being taken to the profit and loss account.

**Tangible assets**

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses. An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other comprehensive income and accumulated in equity, except to the extent it reverses a revaluation decrease of the same asset previously recognised in profit or loss. A decrease in the carrying amount of an asset as a result of revaluation is recognised in other comprehensive income to the extent of any previously recognised revaluation increase accumulated in equity in respect of that asset. Where a revaluation decrease exceeds the accumulated revaluation gains accumulated in equity in respect of that asset, the excess shall be recognised in profit or loss.

**Depreciation**

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Equipment - 33% straight line

**Stocks**

Stocks are measured at the lower of cost and estimated selling price less costs to complete and sell. Cost includes all costs of purchase, costs of conversion and other costs incurred in bringing the stock to its present location and condition.

**Financial instruments**

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the entity after deducting all of its financial liabilities.

**4. Staff numbers**

The average number of persons employed by the company during the year amounted to 2 (2018: 2 ).

## 5. Tangible assets

	Equipment £	Total £
<b>Cost</b>		
At 1 March 2018	1,919	<b>1,919</b>
Additions	508	<b>508</b>
	-----	-----
<b>At 28 February 2019</b>	<b>2,427</b>	<b>2,427</b>
	-----	-----
<b>Depreciation</b>		
At 1 March 2018	1,819	<b>1,819</b>
Charge for the year	269	<b>269</b>
	-----	-----
<b>At 28 February 2019</b>	<b>2,088</b>	<b>2,088</b>
	-----	-----
<b>Carrying amount</b>		
<b>At 28 February 2019</b>	<b>339</b>	<b>339</b>
	-----	-----
At 28 February 2018	100	100
	-----	-----

## 6. Debtors

	2019 £	2018 £
Trade debtors	338,118	334,808
Other debtors	7,536	8,566
	-----	-----
	<b>345,654</b>	<b>343,374</b>
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## 7. Creditors: amounts falling due within one year

	2019 £	2018 £
Trade creditors	149,042	91,140
Corporation tax	66,228	102,019
Other creditors	2,750	18,590
	-----	-----
	<b>218,020</b>	<b>211,749</b>
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## 8. Called up share capital

### Issued, called up and fully paid

	2019		2018	
	No.	£	No.	£
Ordinary A shares of £ 1 each	68	68	68	68
Ordinary B shares of £ 1 each	20	20	20	20
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	<b>88</b>	<b>88</b>	<b>88</b>	<b>88</b>
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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.