

Company registration number 05364013 (England and Wales)

HEALTHY BY NATURE LIMITED

FINANCIAL STATEMENTS

**FOR THE YEAR ENDED
28 FEBRUARY 2023**

harrisons

4 Brackley Close
Bournemouth International Airport
Christchurch
Dorset
BH23 6SE

HEALTHY BY NATURE LIMITED

CONTENTS

	Page
Balance sheet	1 - 2
Notes to the financial statements	3 - 5

HEALTHY BY NATURE LIMITED

BALANCE SHEET

AS AT 28 FEBRUARY 2023

	Notes	2023 £	£	2022 £	£
Fixed assets					
Tangible assets	3		9,831		1,655
Current assets					
Stocks		87,194		90,394	
Debtors	4	267,577		369,690	
Cash at bank and in hand		491,340		346,036	
		<u>846,111</u>		<u>806,120</u>	
Creditors: amounts falling due within one year	5	<u>(284,751)</u>		<u>(286,660)</u>	
Net current assets			<u>561,360</u>		<u>519,460</u>
Total assets less current liabilities			<u>571,191</u>		<u>521,115</u>
Provisions for liabilities			<u>(2,457)</u>		<u>(314)</u>
Net assets			<u><u>568,734</u></u>		<u><u>520,801</u></u>
Capital and reserves					
Called up share capital	6	44		44	
Share premium account		39,968		39,968	
Capital redemption reserve		56		56	
Profit and loss reserves		<u>528,666</u>		<u>480,733</u>	
Total equity			<u><u>568,734</u></u>		<u><u>520,801</u></u>

The director of the company has elected not to include a copy of the profit and loss account within the financial statements.

For the financial year ended 28 February 2023 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The director acknowledges his responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

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.

These financial statements have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies regime.

HEALTHY BY NATURE LIMITED

BALANCE SHEET (CONTINUED)

AS AT 28 FEBRUARY 2023

The financial statements were approved and signed by the director and authorised for issue on 7 June 2023

E W Baylis
Director

Company Registration No. 05364013

HEALTHY BY NATURE LIMITED

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 28 FEBRUARY 2023

1 Accounting policies

Company information

Healthy By Nature Limited is a private company limited by shares incorporated in England and Wales. The registered office is 4 Brackley Close, Bournemouth International Airport, Christchurch, Dorset, BH23 6SE.

1.1 Accounting convention

These financial statements have been prepared in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the requirements of the Companies Act 2006 as applicable to companies subject to the small companies regime. The disclosure requirements of section 1A of FRS 102 have been applied other than where additional disclosure is required to show a true and fair view.

The financial statements are prepared in sterling, which is the functional currency of the company. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention.

1.2 Turnover

Turnover is recognised at the fair value of the consideration received or receivable for goods provided in the normal course of business, and is shown net of VAT and other sales related taxes.

1.3 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Office equipment	33% straight line
------------------	-------------------

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is credited or charged to profit or loss.

1.4 Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

1.5 Stocks

Stocks are stated at the lower of cost and estimated selling price less costs to complete and sell. Cost comprises direct materials and, where applicable, direct labour costs and those overheads that have been incurred in bringing the stocks to their present location and condition.

1.6 Financial instruments

Classification of financial liabilities

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 company after deducting all of its liabilities.

1.7 Taxation

The tax expense represents the sum of the tax currently payable and deferred tax.

HEALTHY BY NATURE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 28 FEBRUARY 2023

1 Accounting policies

(Continued)

Current tax

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

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.

1.8 Foreign exchange

Transactions in currencies other than pounds sterling are recorded at the rates of exchange prevailing at the dates of the transactions. At each reporting end date, monetary assets and liabilities that are denominated in foreign currencies are retranslated at the rates prevailing on the reporting end date. Gains and losses arising on translation in the period are included in profit or loss.

2 Employees

The average monthly number of persons employed by the company during the year was:

	2023 Number	2022 Number
Total	1	1

3 Tangible fixed assets

Office equipment

£

Cost

At 1 March 2022

4,909

Additions

10,350

At 28 February 2023

15,259

Depreciation and impairment

At 1 March 2022

3,254

Depreciation charged in the year

2,174

At 28 February 2023

5,428

Carrying amount

At 28 February 2023

9,831

At 28 February 2022

1,655

HEALTHY BY NATURE LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 28 FEBRUARY 2023

4 Debtors

	2023	2022
	£	£
Amounts falling due within one year:		
Trade debtors	246,009	353,395
Other debtors	21,568	16,295
	<u>267,577</u>	<u>369,690</u>

5 Creditors: amounts falling due within one year

	2023	2022
	£	£
Trade creditors	210,536	142,758
Taxation and social security	69,474	139,161
Other creditors	4,741	4,741
	<u>284,751</u>	<u>286,660</u>

6 Called up share capital

	2023	2022	2023	2022
	Number	Number	£	£
Ordinary share capital				
Issued and fully paid				
Ordinary A shares of £1 each	34	34	34	34
Ordinary B shares of £1 each	10	10	10	10
	<u>44</u>	<u>44</u>	<u>44</u>	<u>44</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.