

NUTRITION BITES LIMITED

UNAUDITED

FINANCIAL STATEMENTS

INFORMATION FOR FILING WITH THE REGISTRAR

FOR THE YEAR ENDED 31 MARCH 2023

NUTRITION BITES LIMITED
REGISTERED NUMBER: 05550608

BALANCE SHEET
AS AT 31 MARCH 2023

	Note	2023 £	2022 £
Current assets			
Debtors: amounts falling due within one year	4	1	1,381
Cash at bank and in hand	5	647	1,886
		<u>648</u>	<u>3,267</u>
Creditors: amounts falling due within one year	6	(11,375)	(10,151)
Net current liabilities		<u>(10,727)</u>	<u>(6,884)</u>
Total assets less current liabilities		<u>(10,727)</u>	<u>(6,884)</u>
Net liabilities		<u>(10,727)</u>	<u>(6,884)</u>
Capital and reserves			
Called up share capital		1	1
Profit and loss account		(10,728)	(6,885)
		<u>(10,727)</u>	<u>(6,884)</u>

The director considers that the Company is entitled to exemption from audit under section 477 of the Companies Act 2006 and members have not required the Company to obtain an audit for the year in question in accordance with section 476 of the Companies Act 2006.

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 financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime and in accordance with the provisions of FRS 102 Section 1A - small entities.

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

The Company has opted not to file the statement of comprehensive income in accordance with provisions applicable to companies subject to the small companies' regime.

The financial statements were approved and authorised for issue by the board and were signed on its behalf by:

A S Frith

Director

Date: 16 January 2024

The notes on pages 3 to 5 form part of these financial statements.

NUTRITION BITES LIMITED

**STATEMENT OF CHANGES IN EQUITY
FOR THE YEAR ENDED 31 MARCH 2023**

	Called up share capital	Profit and loss account	Total equity
	£	£	£
At 1 April 2022	1	(6,885)	(6,884)
Comprehensive income for the year			
Loss for the year	-	(3,843)	(3,843)
	<hr/>	<hr/>	<hr/>
At 31 March 2023	1	(10,728)	(10,727)
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

The notes on pages 3 to 5 form part of these financial statements.

**STATEMENT OF CHANGES IN EQUITY
FOR THE YEAR ENDED 31 MARCH 2022**

	Called up share capital	Profit and loss account	Total equity
	£	£	£
At 1 April 2021	1	(7,312)	(7,311)
Comprehensive income for the year			
Profit for the year	-	427	427
	<hr/>	<hr/>	<hr/>
At 31 March 2022	1	(6,885)	(6,884)
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

The notes on pages 3 to 5 form part of these financial statements.

NUTRITION BITES LIMITED

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

1. General information

Nutrition Bites Limited, registered number 05550608, is a private limited company incorporated and domiciled in England and Wales. The address of the registered office is James Cowper Kreston, 8th Floor, Reading Bridge House, George Street, RG1 8LS and its trading address is 5 Beech Court, Wokingham Road, Hurst, Berkshire, RG10 0RQ.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared under the historical cost convention unless otherwise specified within these accounting policies and in accordance with Section 1A of Financial Reporting Standard 102, the Financial Reporting Standard applicable in the UK and the Republic of Ireland and the Companies Act 2006.

The following principal accounting policies have been applied:

2.2 Revenue

Revenue is recognised to the extent that it is probable that the economic benefits will flow to the Company and the revenue can be reliably measured. Revenue is measured as the fair value of the consideration received or receivable, excluding discounts, rebates, value added tax and other sales taxes. The following criteria must also be met before revenue is recognised:

Sale of goods

Revenue from the sale of goods is recognised when all of the following conditions are satisfied:

- the Company has transferred the significant risks and rewards of ownership to the buyer;
- the Company retains neither continuing managerial involvement to the degree usually associated with ownership nor effective control over the goods sold;
- the amount of revenue can be measured reliably;
- it is probable that the Company will receive the consideration due under the transaction; and
- the costs incurred or to be incurred in respect of the transaction can be measured reliably.

2.3 Taxation

Tax is recognised in profit or loss except that a charge attributable to an item of income and expense recognised as other comprehensive income or to an item recognised directly in equity is also recognised in other comprehensive income or directly in equity respectively.

The current income tax charge is calculated on the basis of tax rates and laws that have been enacted or substantively enacted by the balance sheet date in the countries where the Company operates and generates income.

2.4 Debtors

Short-term debtors are measured at transaction price, less any impairment. Loans receivable are measured initially at fair value, net of transaction costs, and are measured subsequently at amortised cost using the effective interest method, less any impairment.

2.5 Cash and cash equivalents

Cash is represented by cash in hand and deposits with financial institutions repayable without penalty on notice of not more than 24 hours. Cash equivalents are highly liquid investments that mature in no more than three months from the date of acquisition and that are readily convertible to known amounts of cash with insignificant risk of change in value.

NUTRITION BITES LIMITED

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

2. Accounting policies (continued)

2.6 Creditors

Short-term creditors are measured at the transaction price. Other financial liabilities, including bank loans, are measured initially at fair value, net of transaction costs, and are measured subsequently at amortised cost using the effective interest method.

2.7 Financial instruments

Basic financial assets

Basic financial assets, which include trade and other receivables, cash and bank balances, are initially measured at their transaction price including transaction costs and are subsequently carried at their amortised cost using the effective interest method, less any provision for impairment, unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest.

3. Employees

The average monthly number of employees, including directors, during the year was 1 (2022 - 1).

4. Debtors

	2023 £	2022 £
Trade debtors	-	1,380
Called up share capital not paid	1	1
	<u>1</u>	<u>1,381</u>

5. Cash and cash equivalents

	2023 £	2022 £
Cash at bank and in hand	647	1,886
	<u>647</u>	<u>1,886</u>

NUTRITION BITES LIMITED

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

6. Creditors: Amounts falling due within one year

	2023	2022
	£	£
Trade creditors	9,672	10,097
Amounts owed to group undertakings	1,602	-
Other taxation and social security	101	54
	<u>11,375</u>	<u>10,151</u>

7. Share capital

	2023	2022
	£	£
Allotted, called up and fully paid		
125 (2022 - 125) Ordinary shares of £0.01 each	<u>1</u>	<u>1</u>

8. Controlling party

The immediate parent undertaking is Artizian Group Limited, a company incorporated in England and Wales.

The ultimate controlling party is A S Frith.

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.