



Companies House
for the record

88(2)

Return of Allotment of Shares

*Please complete in typescript, or
in bold black capitals.*

CHWP000

Company Number

5602067

Company name in full

RUDE HEALTH FOODS LIMITED

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

To

Day Month Year

Day Month Year

0 | 2 | 0 | 4 | 2 | 0 | 0 | 8

| | | | | | | |

Class of shares
(ordinary or preference etc)

ORDINARY

Number allotted

248500

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

FRIDAY



A50

AQLPJ2HC

22/08/2008

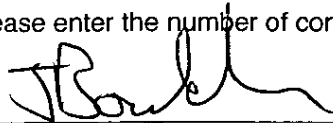
COMPANIES HOUSE

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Shareholder details		Shares and share class allotted	
Name NICHOLAS BARNARD Address 80 ST ANN'S HILL, WANDSWORTH, LONDON UK Postcode SW18 2RP		Class of shares allotted ORDINARY	Number allotted 82250
Name CAMILLA BARNARD Address 80 ST ANN'S HILL, WANDSWORTH, LONDON UK Postcode SW18 2RP		Class of shares allotted ORDINARY	Number allotted 82250
Name DAVID VINES Address 14 ST ANN'S PARK ROAD, LONDON UK Postcode SW18 2RW		Class of shares allotted ORDINARY	Number allotted 35000
Name KATIE FREESTONE Address 14 ST ANN'S PARK ROAD, LONDON UK Postcode SW18 2RW		Class of shares allotted ORDINARY	Number allotted 35000
Name DAVID ENO Address PEN-INNEY COTTAGE, LEWANNWICK, LAUNCESTON, CORNWALL UK Postcode PL1 5ZQD		Class of shares allotted ORDINARY	Number allotted 14000

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

Signed



Date

11/8/08

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

Please delete as appropriate

You do not have to give any contact information in the box opposite but if you do, it will help Companies House to contact you if there is a query on the form. The contact

JONATHAN BOULDIN

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0208 877 9821