



*Companies House*  
— for the record —

**AR01** (ef)

**Annual Return**



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**X23N74C9**

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*Company Name:* **THE SCHOOL OF OPTIMUM NUTRITION LIMITED**

*Company Number:* **05754503**

*Date of this return:* **01/03/2013**

*SIC codes:* **85590**

*Company Type:* **Private company limited by shares**

*Situation of Registered Office:* **AVALON HOUSE 72 LOWER MORTLAKE  
ROAD, RICHMOND  
SURREY  
TW9 2JY**

**Officers of the company**

## *Company Secretary 1*

Type: **Person**  
Full forename(s): **MISS CATHERINE**

Surname: **MORGAN**

Former names:

*Service Address recorded as Company's registered office*

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## *Company Director 1*

Type: **Person**  
Full forename(s): **DR MARTIN**

Surname: **HUM**

Former names:

*Service Address recorded as Company's registered office*

Country/State Usually Resident: **UNITED KINGDOM**

Date of Birth: **12/04/1949**                      Nationality: **BRITISH**  
Occupation: **RETIRED**

## Statement of Capital (Share Capital)

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|                               |                 |                                |          |
|-------------------------------|-----------------|--------------------------------|----------|
| <b>Class of shares</b>        | <b>ORDINARY</b> | <i>Number allotted</i>         | <b>1</b> |
|                               |                 | <i>Aggregate nominal value</i> | <b>1</b> |
| <i>Currency</i>               | <b>GBP</b>      | <i>Amount paid per share</i>   | <b>1</b> |
|                               |                 | <i>Amount unpaid per share</i> | <b>0</b> |
| <i>Prescribed particulars</i> |                 |                                |          |
| <b>1 VOTE FOR EACH SHARE</b>  |                 |                                |          |

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## Statement of Capital (Totals)

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|                 |            |                                      |          |
|-----------------|------------|--------------------------------------|----------|
| <i>Currency</i> | <b>GBP</b> | <i>Total number of shares</i>        | <b>1</b> |
|                 |            | <i>Total aggregate nominal value</i> | <b>1</b> |

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## *Full Details of Shareholders*

The details below relate to individuals / corporate bodies that were shareholders as at 01/03/2013 or that had ceased to be shareholders since the made up date of the previous Annual Return

*A full list of shareholders for the company are shown below*

*Shareholding 1* : **1 ORDINARY shares held as at the date of this return**  
*Name:* **INSTITUTE FOR OPTIMUM NUTRITION**

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## *Authorisation*

*Authenticated*

*This form was authorised by one of the following:*

Director, Secretary, Person Authorised, Charity Commission Receiver and Manager, CIC Manager, Judicial Factor.