

**The School of Optimum Nutrition Limited**  
**DIRECTORS' REPORT AND UNAUDITED FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 30 JUNE 2013**

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COMPANIES HOUSE

# **The School of Optimum Nutrition Limited**

## **COMPANY INFORMATION**

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**Directors**

Jacqueline Lynch  
Christopher Davies

**Company Secretary**

Gwynne Jarvis

**Company number**

05754503

**Registered office**

Avalon House  
72 Lower Mortlake Road  
Richmond  
Surrey  
TW9 2JY

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# **The School of Optimum Nutrition Limited**

## **DIRECTOR'S REPORT**

***FOR THE YEAR ENDED 30<sup>th</sup> June 2013***

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The directors present their report and unaudited financial statements for the year ended 30<sup>th</sup> June 2013. The company is dormant and has not traded during the year.

### **Directors**

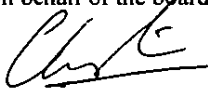
The following directors have held office since 1<sup>st</sup> July 2012

Jacqueline Lynch  
Christopher Davies

### **Company Secretary**

Gwynne Jarvis

On behalf of the board



Christopher Davies  
**Director**

21st January 2014

## **PROFIT AND LOSS ACCOUNT**

***FOR THE YEAR ENDED 30 JUNE 2013***

The company has not traded during the year or the preceding financial year. During these years, the company received no income and incurred no expenditure and therefore made neither profit nor loss.

# The School of Optimum Nutrition Limited

## BALANCE SHEET

AS AT 30 JUNE 2013

	Notes	2013 £	2012 £
Creditors: amounts falling due within one year	3	1	1
		<hr/>	<hr/>
Total assets less current liabilities		1	1
		<hr/>	<hr/>
Capital and reserves			
Called up share capital	4	1	1
Profit and loss account	5		
		<hr/>	<hr/>
Shareholders' funds		1	1
		<hr/>	<hr/>

### Audit exemption statement

For the financial year ended 30 June 2013 the company was entitled to exemption from audit under section 480 of the Companies Act 2006 relating to dormant 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, and
- The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements

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

Approved by the Board and authorised for issue on 21st January 2014



Christopher Davies  
Director

Company Registration No. 05754503

# The School of Optimum Nutrition Limited

## NOTES TO THE FINANCIAL STATEMENTS

**FOR THE YEAR ENDED 30 JUNE 2013**

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### 1 Accounting policies

#### 1.1 Accounting convention

The financial statements are prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008)

### 2 Taxation

On the basis of these financial statements no provision has been made for corporation tax

3 Creditors: amounts falling due within one year	2013 £	2012 £
Other creditors	1	1
	<hr/>	<hr/>

4 Share capital	2013 £	2012 £
Allotted, called up and fully paid		
1 Ordinary Share of £1 each	1	1
	<hr/>	<hr/>

5 Statement of movements on profit and loss account	Profit and loss account £
Balance at 1 July 2012	Nil
Balance at 30 June 2013	<hr/> Nil <hr/>