



**Companies House**  
— for the record —

**AR01** (ef)

**Annual Return**



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

*Company Number:* **05754503**

*Date of this return:* **01/03/2010**

*SIC codes:* **7499**

*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):* **PAUL FRANCIS**

*Surname:* **ANDERS**

*Former names:*

*Service Address:* **AVALON HOUSE 72 LOWER MORTLAKE ROAD  
RICHMOND  
SURREY  
TW9 2JY**

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*Company Director* **1**

*Type:* **Person**

*Full forename(s):* **DR MARTIN SINGH**

*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)

<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>		

## Statement of Capital (Totals)

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

### *Full Details of Shareholders*

The details below relate to individuals / corporate bodies that were shareholders as at 01/03/2010 or that had ceased to be shareholders since the made up date of the previous Annual Return

*A full list of shareholders for a private or non-traded public company are shown below*

*Shareholding* : 1

**1 ORDINARY Shares held as at 01/03/2010**

*Name:* **INSTITUTE FOR OPTIMUM NUTRITION**

*Address:*

## *Authorisation*

*Authenticated*

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

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