



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: **01/03/2011**

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**

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)

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

Statement of Capital (Totals)

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

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 01/03/2011 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 2011-03-01**
Name: **INSTITUTE FOR OPTIMUM NUTRITION**

Authorisation

Authenticated

This form was authorised by one of the following:

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