

Registered Number 05899950

NATURAL HEALTH, NATURE'S FINEST LTD

Abbreviated Accounts

31 August 2010

NATURAL HEALTH, NATURE'S FINEST LTD

Registered Number 05899950

Balance Sheet as at 31 August 2010

	Notes	2010	2009
		£	£
Called up share capital not paid			0
Fixed assets			
Intangible	2	<u>530</u>	<u>707</u>
Total fixed assets		530	707
Current assets			
Cash at bank and in hand		168	1,273
Total current assets		<u>168</u>	<u>1,273</u>
Net current assets		168	1,273
Total assets less current liabilities		<u>698</u>	<u>1,980</u>
Creditors: amounts falling due after one year		(3,267)	(6,757)
Total net Assets (liabilities)		(2,569)	(4,777)
Capital and reserves			
Called up share capital		100	100
Profit and loss account		<u>(2,669)</u>	<u>(4,877)</u>
Shareholders funds		<u>(2,569)</u>	<u>(4,777)</u>

- a. For the year ending 31 August 2010 the company was entitled to exemption under section 477(2) of the Companies Act 2006.
- b. The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006
- c. The directors acknowledge their responsibility for:
 - i. ensuring the company keeps accounting records which comply with Section 386; and
 - ii. preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year, and of its profit or loss for the financial year, in accordance with the requirements of section 393, and which otherwise comply with the requirements of the Companies Act relating to accounts, so far as is applicable to the company.
- d. These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the board on 11 October 2011

And signed on their behalf by:

Miss Anthea Kissoon, Director

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1068 of the Companies Act 2006.

Notes to the abbreviated accounts

For the year ending 31 August 2010

1 Accounting policies

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standards for Small Entities (effective January 2005)

2 Intangible fixed assets

Cost Or Valuation	£
At 31 August 2009	707
At 31 August 2010	<u>707</u>
Depreciation	
Charge for year	177
At 31 August 2010	<u>177</u>
Net Book Value	
At 31 August 2009	707
At 31 August 2010	<u>530</u>