

Registered Number 06474256

THE HEALTHY LIFE COMPANY LTD

Abbreviated Accounts

31 March 2016

Abbreviated Balance Sheet as at 31 March 2016

	<i>Notes</i>	<i>2016</i>	<i>2015</i>
		£	£
Called up share capital not paid		-	-
Fixed assets			
Intangible assets	2	-	-
Tangible assets	3	264,911	266,537
Investments		-	-
		<u>264,911</u>	<u>266,537</u>
Current assets			
Stocks		17,985	17,677
Debtors		130	763
Investments		400	400
Cash at bank and in hand		1,529	7,765
		<u>20,044</u>	<u>26,605</u>
Prepayments and accrued income		-	-
Creditors: amounts falling due within one year		(169,442)	(172,898)
Net current assets (liabilities)		<u>(149,398)</u>	<u>(146,293)</u>
Total assets less current liabilities		<u>115,513</u>	<u>120,244</u>
Creditors: amounts falling due after more than one year		(67,211)	(81,114)
Provisions for liabilities		0	0
Accruals and deferred income		0	0
Total net assets (liabilities)		<u>48,302</u>	<u>39,130</u>
Capital and reserves			
Called up share capital	4	1,000	1,000
Share premium account		0	0
Revaluation reserve		0	0
Other reserves		0	0
Profit and loss account		47,302	38,130
Shareholders' funds		<u>48,302</u>	<u>39,130</u>

- For the year ending 31 March 2016 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
- The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the Board on 8 December 2016

And signed on their behalf by:

Miss Justina Pettifer, Director

Notes to the Abbreviated Accounts for the period ended 31 March 2016

1 Accounting Policies

Basis of measurement and preparation of accounts

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities effective April 2008.

Turnover policy

Turnover represents amounts receivable for goods and services net of VAT and trade discounts.

Tangible assets depreciation policy

Acquired goodwill is written off in equal annual installments over its estimated useful economic life.

Intangible assets amortisation policy

Tangible fixed assets other than freehold land are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life, as follows:

Land and buildings freehold - 0% Straight Line

Computer equipment - 33% Straight Line

Fixtures, fittings & equipment - 25% Reducing Balance

2 Intangible fixed assets

	£
Cost	
At 1 April 2015	27,000
Additions	0
Disposals	0
Revaluations	0
Transfers	0
At 31 March 2016	<u>27,000</u>
Amortisation	
At 1 April 2015	27,000
Charge for the year	0
On disposals	0
At 31 March 2016	<u>27,000</u>
Net book values	
At 31 March 2016	<u><u>0</u></u>
At 31 March 2015	<u><u>0</u></u>

3 Tangible fixed assets

	£
Cost	

At 1 April 2015	284,152
Additions	0
Disposals	0
Revaluations	0
Transfers	0
At 31 March 2016	<u>284,152</u>
Depreciation	
At 1 April 2015	17,615
Charge for the year	1,626
On disposals	0
At 31 March 2016	<u>19,241</u>
Net book values	
At 31 March 2016	<u>264,911</u>
At 31 March 2015	<u>266,537</u>

4 **Called Up Share Capital**

Allotted, called up and fully paid:

	<i>2016</i>	<i>2015</i>
	<i>£</i>	<i>£</i>
500 A Ordinary shares of £1 each	500	500
500 B Ordinary shares of £1 each	500	500

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