



Companies House
— for the record —

AR01 (ef)

Annual Return



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Company Name: **AVOCADO NUTRITION LTD**

Company Number: **07423393**

Date of this return: **29/10/2013**

SIC codes: **86900**

Company Type: **Private company limited by shares**

Situation of Registered Office: **50 FLAT C
HAMMERSMITH GROVE
LONDON
UNITED KINGDOM
W6 7HA**

Officers of the company

Company Director **1**

Type: **Person**

Full forename(s): **MS ANNA**

Surname: **KING**

Former names:

Service Address: **50C HAMMERSMITH GROVE
LONDON
UNITED KINGDOM
W6 7HA**

Country/State Usually Resident: **UNITED KINGDOM**

Date of Birth: **27/10/1979** *Nationality:* **BRITISH**

Occupation: **NUTRITIONAL THERAPIST**

Statement of Capital (Share Capital)

Class of shares	ORDINARY	<i>Number allotted</i>	10
		<i>Aggregate nominal value</i>	10
<i>Currency</i>	GBP	<i>Amount paid per share</i>	1
		<i>Amount unpaid per share</i>	0

Prescribed particulars

EACH SHARE IS ENTITLED TO ONE VOTE IN ANY CIRCUMSTANCES. EACH SHARE IS ENTITLED PARI PASSU TO DIVIDEND PAYMENTS OR ANY OTHER DISTRIBUTION. EACH SHARE IS ENTITLED PARI PASSU TO PARTICIPATE IN A DISTRIBUTION ARISING FROM A WINDING UP OF THE COMPANY.

Statement of Capital (Totals)

<i>Currency</i>	GBP	<i>Total number of shares</i>	10
		<i>Total aggregate nominal value</i>	10

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 29/10/2013 or that had ceased to be shareholders since the made up date of the previous Annual Return

A full list of shareholders for the company are shown below

Shareholding 1 : **10 ORDINARY shares held as at the date of this return**
Name: **ANNA KING**

Authorisation

Authenticated

This form was authorised by one of the following:

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