

100014/140

# CS01

## Confirmation statement

BLUEPRINT

OneWorld



Go online to file this information  
[www.gov.uk/companieshouse](http://www.gov.uk/companieshouse)

A fee may be payable with this form  
Please see 'How to pay' on the last page.

- ✓ **What this form is for**  
You may use this form to confirm that the company has filed up to date. You must file a confirmation statement at least once every year.

- ✗ **What this form is NOT for**  
You cannot use this form to report changes to the company details, people with significant control (PSC), registered office address or single alternative inspection address (SAIL) information.

SATURDAY



A33 \*A6YHV3RL\* #243  
27/01/2018  
COMPANIES HOUSE

### Before you start

You can check your company details for free on our online service:

<https://beta.companieshouse.gov.uk>

### Change to your company information

If you need to make any changes to:

- **Part 1** Principal business activities or standard industrial classification (SIC)
- **Part 2** Statement of capital
- **Part 3** Trading status of shares and exemption from keeping a register of people with significant control (PSC)
- **Part 4** Shareholder information

Use the additional parts of this form to do this.

### Other changes

If you need to make any changes to:

- registered office address
- single alternative inspection address (SAIL) and company records
- officer appointments
- information about people with significant control

You must do this separately before or at the same time as this confirmation statement.

## 1 Company details

Company number 0 7 9 0 5 6 4 0

Company name in full Rapid Nutrition plc

### → Filling in this form

Please complete in typescript or in bold black capitals.

## 2 Confirmation date

Please give the confirmation statement date. You must deliver this form within 14 days of this date. Please check your company records for the date of your confirmation period.

Confirmation date 11/01/2018

### ① Check when your confirmation statement is due

To check your confirmation statement date:  
<https://beta.companieshouse.gov.uk>

You can make a statement at any time during the confirmation period. This will change your next confirmation date.

## 3 Confirmation statement

I confirm that all information required to be delivered by the company pursuant to section 853A(1)(a) of the Companies Act 2006 in relation to the confirmation period ending on the confirmation date above either has been delivered or is being delivered with this statement.

Signature

Signature

X [Signature]

X

### ② Societas Europaea

If the form is being filed on behalf of a Societas Europaea (SE) please delete 'director' and insert details of which organ of the SE the person signing has membership.

### ③ Person authorised

Under either section 270 or 274 of the Companies Act 2006.

This form may be signed by:

Director, Secretary, Person authorised, Charity commission receiver and manager, CIC manager, Judicial factor.

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**Presenter information**

You do not have to give any contact information, but if you do it will help Companies House if there is a query on the form. The contact information you give will be visible to searchers of the public record.

Contact name

Company name

Address

Post town

County/Region

Postcode

Country

DX

Telephone

**Checklist**

**We may return forms completed incorrectly or with information missing.**

**Please make sure you have remembered the following:**

- ☐ The company name and number match the information held on the public Register.
- ☐ You have checked the company information that we hold.
- ☐ You have shown any relevant changes made to your information on the additional parts to this form or filed the appropriate form before or at the same time as this confirmation statement.
- ☐ You have signed the form.
- ☐ You have enclosed the correct fee if appropriate.

**How to pay**

**You must include a £40 fee with the first Confirmation Statement you file each year. Further Confirmation Statements made in the same year don't require a fee.**

Make cheques or postal orders payable to 'Companies House.'

**Important information**

**All information on this form will appear on the public record.**

**Where to send**

**You may return this form to any Companies House address, however for expediency we advise you to return it to the appropriate address below:**

**For companies registered in England and Wales:**

The Registrar of Companies, Companies House,  
Crown Way, Cardiff, Wales, CF14 3UZ.  
DX 33050 Cardiff.

**For companies registered in Scotland:**

The Registrar of Companies, Companies House,  
Fourth floor, Edinburgh Quay 2,  
139 Fountainbridge, Edinburgh, Scotland, EH3 9FF.  
DX ED235 Edinburgh 1  
or LP - 4 Edinburgh 2 (Legal Post).

**For companies registered in Northern Ireland:**

The Registrar of Companies, Companies House,  
Second Floor, The Linenhall, 32-38 Linenhall Street,  
Belfast, Northern Ireland, BT2 8BG.  
DX 481 N.R. Belfast 1.

**Further information**

For further information, please see the guidance notes on the website at [www.gov.uk/companieshouse](http://www.gov.uk/companieshouse) or email [enquiries@companieshouse.gov.uk](mailto:enquiries@companieshouse.gov.uk)

**This form is available in an alternative format. Please visit the forms page on the website at [www.gov.uk/companieshouse](http://www.gov.uk/companieshouse)**

# CS01- additional information page. Confirmation statement

## Part 2

## Statement of capital change

Complete this part in full if there has been any change to your share capital or prescribed particulars since the last statement of capital was delivered.

✓ **This part must be sent at the same time as your confirmation statement.**

✗ Not required for companies without share capital.

For further information, please refer to our guidance at [www.gov.uk/companieshouse](http://www.gov.uk/companieshouse)

You must complete both sections B1 and B2.

### B1

### Share capital

Complete the table(s) below to show the issued share capital.

**Complete a separate table for each currency (if appropriate).** For example, add pound sterling in 'Currency table A' and Euros in 'Currency table B'.

**Continuation pages**  
Use a statement of capital continuation page if necessary.

| Currency<br>Complete a separate table for each currency | Class of shares<br>E.g. Ordinary/Preference etc. | Number of shares | Aggregate nominal value<br>(£, €, \$, etc)<br>Number of shares issued multiplied by nominal value | Total aggregate amount unpaid, if any (£, €, \$, etc)<br>Including both the nominal value and any share premium |
|---|--|------------------|---|---|
| <b>Currency table A</b>                                 |  |                  |   |   |
| GB-GBP  | Deferred   | 23,265,104       | £23,032,452.95  |   |
| GB-GBP  | Ordinary   | 23,265,104       | £232,651.04   |   |
|   |  |                  |   |   |
| <b>Totals</b>   |  | 46,530,208       | £23,265,103.99  | £0.00   |

#### Currency table B

|               |  |  |  |  |
|---------------|--|--|--|--|
|               |  |  |  |  |
|               |  |  |  |  |
|               |  |  |  |  |
| <b>Totals</b> |  |  |  |  |

#### Currency table C

|               |  |  |  |  |
|---------------|--|--|--|--|
|               |  |  |  |  |
|               |  |  |  |  |
|               |  |  |  |  |
| <b>Totals</b> |  |  |  |  |

**Totals (including continuation pages)**

| Total number of shares | Total aggregate nominal value ❶ | Total aggregate amount unpaid ❶ |
|------------------------|---------------------------------|---------------------------------|
| 46,530,208             | £23,265,103.99                  | £0.00                           |

❶ Please list total aggregate values in different currencies separately.  
For example: £100 + €100 + \$10 etc.

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B2

**Prescribed particulars**

Please give the prescribed particulars of rights attached to each class of share shown in the 'share capital' tables in **Section B1**.

Class of share

Deferred

Prescribed particulars

See attached schedule

**Prescribed particulars of rights attached to shares**

The particulars are:

- a. particulars of any voting rights, including rights that arise only in certain circumstances;
- b. particulars of any rights, as respects dividends, to participate in a distribution;
- c. particulars of any rights, as respects capital, to participate in a distribution (including on winding up); and
- d. whether the shares are to be redeemed or are liable to be redeemed at the option of the company or the shareholder.

A separate table must be used for each class of share.

Please use a prescribed particulars continuation page if necessary.

Class of share

Ordinary

Prescribed particulars

The shares have attached to them full voting, dividend and capital distribution (including on winding up) rights; they do not confer any rights of redemption.

Class of share

Prescribed particulars

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B2

Prescribed particulars

Please give the prescribed particulars of rights attached to shares for each class of share shown in the statement of capital share tables in **Section B1**.

Class of share

Deferred

Prescribed particulars  
1

The shares carry no rights to receive notice of, or to attend, speak or vote at any general meeting; they confer no right to participate in dividends or other distributions; holders shall participate in a winding-up or a return of capital to the extent of the nominal value of such shares only after the holders of Ordinary Shares have been paid the amount of £1,000,000 on each such share held and shall not be entitled to any further participation in assets. No share certificates shall be issued in respect of the shares and they shall not be transferable except upon purchase by the Company or with the unanimous written consent of the directors. The Company may create, allot and issue further shares, whether ranking pari passu with or in priority to the Deferred Shares, which shall not involve a variation of rights or require the consent of the holders of Deferred Shares. The Company has the irrevocable authority at any time to purchase all or any of the Deferred Shares in accordance with the Act without obtaining the consent of the holders thereof and in consideration of the payment to each of the holders whose shares are purchased of an amount equal to one penny and to cancel all or any of the shares so purchased in accordance with the Act.

1 Prescribed particulars of rights attached to shares

The particulars are:

- a. particulars of any voting rights, including rights that arise only in certain circumstances;
- b. particulars of any rights, as respects dividends, to participate in a distribution;
- c. particulars of any rights, as respects capital, to participate in a distribution (including on winding up); and
- d. whether the shares are to be redeemed or are liable to be redeemed at the option of the company or the shareholder.

A separate table must be used for each class of share.

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## Part 4

## Shareholder information change

Only use this Part to tell us of a change to shareholder information since the company last delivered this information.

✓ If completed this Part must be sent at the same time as your confirmation statement.

✗ Not required for companies without share capital or DTR5 companies.

For further information, please refer to our guidance at [www.gov.uk/companieshouse](http://www.gov.uk/companieshouse)

D1

### Shareholder information for a non-traded company

How is the list of shareholders enclosed. Please tick the appropriate box below:

☐ The list of shareholders is enclosed on paper.

☒ The list of shareholders is enclosed in another format.

Show any information that has changed for each person.

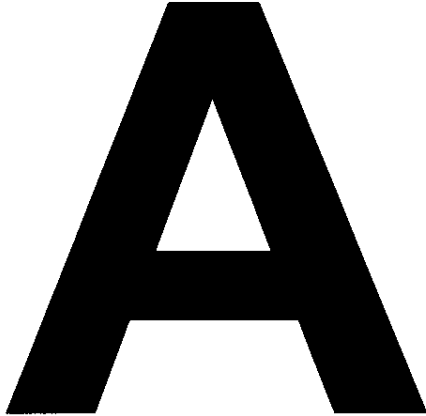
Please list the company shareholders in alphabetical order. Joint shareholders should be listed consecutively.

#### Further shareholders

Please use a Shareholder information (for a non-traded company) continuation page if necessary.

| Shareholder's Name<br>(Address not required) | Class of share | Shares held at<br>confirmation date | Shares transferred (if appropriate) |                                     |
|--|----------------|-------------------------------------|-------------------------------------|-------------------------------------|
|  |                | Number of shares                    | Number of shares                    | Date of registration<br>of transfer |
|  |                |                                     |                                     | / /                                 |
|  |                |                                     |                                     | / /                                 |
|  |                |                                     |                                     | / /                                 |
|  |                |                                     |                                     | / /                                 |
|  |                |                                     |                                     | / /                                 |
|  |                |                                     |                                     | / /                                 |
|  |                |                                     |                                     | / /                                 |
|  |                |                                     |                                     | / /                                 |

**FORM ML8 (03/07)  
CDROM**



**BULK LIST OF SHAREHOLDERS OR MEMBERS FOR  
COMPANY NUMBER – 7905640**

**A BULK LIST OF SHAREHOLDERS OR MEMBERS FOR THIS  
COMPANY HAS BEEN LODGED BUT DOES NOT APPEAR ON  
THIS CONFIRMATION STATEMENT. THE LIST WILL BE  
AVAILABLE TO REQUEST ON CDROM APPROXIMATELY 10  
DAYS FROM 05/02/18. TO ORDER A COPY OF THE BULK  
LIST ON CDROM CALL THE NUMBERS BELOW:**

**COMPANIES HOUSE DIRECT CUSTOMERS PLEASE PHONE  
08457 573991**

**WEB CUSTOMERS PLEASE PHONE 0303 1234 500**