

**Return of Allotment of Shares**Company Name: **THE OPTIMAL HEALTH & WELLNESS GROUP LTD**Company Number: **14619181**Received for filing in Electronic Format on the: **02/05/2024**

XD2ASISX

Shares Allotted (including bonus shares)

Date or period during which shares are allotted	From	To
	01/02/2023	

Class of Shares:	ORDINARY	Number allotted	1
Currency:	GBP	Nominal value of each share	1
		Amount paid:	1
		Amount unpaid:	0

No shares allotted other than for cash

Statement of Capital (Share Capital)

Class of Shares:	ORDINARY	Number allotted	4
Currency:	GBP	Aggregate nominal value:	4

Prescribed particulars

FULL RIGHTS REGARDING VOTING, PAYMENT OF DIVIDENDS AND DISTRIBUTIONS

Statement of Capital (Totals)

Currency:	GBP	Total number of shares:	4
		Total aggregate nominal value:	4
		Total aggregate amount unpaid:	0

Authorisation

Authenticated

This form was authorised by one of the following:

Director, Secretary, Person Authorised, Administrator, Administrative Receiver, Receiver, Receiver Manager, CIC Manager.