



Companies House

CS01 (ef)

Confirmation Statement

Company Name: **THE OPTIMAL HEALTH & WELLNESS GROUP LTD**

Company Number: **14619181**



Received for filing in Electronic Format on the: **03/05/2024**

XD2B0PKA

Company Name: **THE OPTIMAL HEALTH & WELLNESS GROUP LTD**

Company Number: **14619181**

Confirmation **25/01/2024**

Statement date:

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	0
		unpaid:	

Full details of Shareholders

The details below relate to individuals/corporate bodies that were shareholders during the review period or that had ceased to be shareholders since the date of the previous confirmation statement.

Shareholder information for a non-traded company as at the confirmation statement date is shown below

Shareholding 1: **1 ORDINARY shares held as at the date of this confirmation statement**
Name: **DANIEL AGUILERA**

Shareholding 2: **1 ORDINARY shares held as at the date of this confirmation statement**
Name: **DOMINIC DAVID HODGE**

Shareholding 3: **1 ORDINARY shares held as at the date of this confirmation statement**
Name: **MATTHEW CHARLES ALEXANDER HOPE**

Shareholding 4: **1 ORDINARY shares held as at the date of this confirmation statement**
Name: **SOPHIE MCLEAN**

Confirmation Statement

I confirm that all information required to be delivered by the company to the registrar in relation to the confirmation period concerned either has been delivered or is being delivered at the same time as the confirmation statement

Authorisation

Authenticated

This form was authorised by one of the following:

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