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Please complete in typescript, or in bold black capitals.

Form revised March 1995

Appointment of director or secretary

Company Number	2357420		
Company Name in full	CAMBRIDGE APPLIED NUTRITION		
	POXICOLOGY AND BIOSCIENCES LIMITED		
*F288A018 * appoin	Day Month Year ate of the first threat		
Appointment Appointment as director	as secretary Please mark the appropriate box. If appointment is as a director and secretary mark both boxes.		
form NAME *Style / Title Notes on completion	MRS *Honours etc		
appear on reverse. Forename(s)	HELEN RUTH		
Surname	Вчц		
Previous Forename(s)	Previous Surname(s) CROUCHER		
Usual residential address	HILLTOP VILLA, PALE GREEN, BUMPSTEAD		
Post town	HAVERHILL Postcode CB9 7AF SUFFOLK Country ENGLAND		
County / Region	SUFFOLK COUNTRY ENGLAND		
†Nationality	BRITISH †Business occupation Accountant		
†Other directorships (additional space overleaf)	I consent to act as ** director / secretary of the above named company Date 27 Nov 98		
Consent signature			
* Voluntary details. † Directors only.	A director, secretary etc must sign the form below.		
Signed	Date 27 Nov 98		
** Please delete as appropriate	("a director/secretary / administrator / administrative receiver / receiver manager / receiver)		
Please give the name, address, telephone number and, if available,	N. BOREHAM TO PHARMACO INTERNATIONAL LOD		
a DX number and Exchange of the person Companies House should	LOCKTON HOUSE CLARENDON ROAD CAMBRIDGE CB 2 2BH TO 01223 272262 (DIRECT)		
contact if there is any query.	DX number DX exchange		
	When you have completed and signed the form please send it to the Registrar of Companies at:		
A33 *AI6WLBRH* 550 COMPANIES HOUSE 01/12/98	Companies House, Crown Way, Cardiff, CF4 3UZ DX 33050 Cardiff for companies registered in England and Wales or		

Companies House, 37 Castle Terrace, Edinburgh, EH1 2EB

DX 235 Edinburgh

for companies registered in Scotland

	Company Number	2357420	·
† Directors only.	†Other directorships	N)P	

NOTES

Show the full forenames, NOT INITIALS. If the director or secretary is a corporation or Scottish firm, show the name on surname line and registered or principal office on the usual residential line.

Give previous forenames or surname(s) except:

- for a married woman, the name by which she was known before marriage need not be given.
- for names not used since the age of 18 or for at least 20 years

A peer or individual known by a title may state the title instead of or in addition to the forenames and surname and need not give the name by which that person was known before he or she adopted the title or preceded to it.

Other directorships.

Give the name of every company incorporated in Great Britain of which the person concerned is a director or has been a director at any time in the past five years.

You may exclude a company which either is, or at all times during the past five years when the person concerned was a director, was

- dormant
- a parent company which wholly owned the company making the return, or
- another wholly owned subsidiary of the same parent company.