



COMPANIES HOUSE

THE REGISTRAR OF COMPANIES  
COMPANIES HOUSE  
CROWN WAY  
CARDIFF  
CF4 3UZ



A12 \*AW9HPC96\* 46  
COMPANIES HOUSE 15/06/95

BB L18  
100163

363s

## Annual Return

of company number 02828321

L

company name  
PRO-FIBE NUTRITION LIMITED

company type  
PRIVATE COMPANY LIMITED BY SHARES

**This form should be completed in black.**

The information printed below is taken from Companies House records as at 31/05/95

If this information requires amendment use the spaces opposite.

### Date of this return (See note 1)

The information in this return should be made up to a date not later than

Day	Month	Year
19	06	95

If you are making the return up to an earlier date, show the date here. Please note that the form must be delivered to Companies House within 28 days of this earlier date.

Day	Month	Year

### Date of next return (See note 2)

If you wish to make your next return to a date earlier than the anniversary of this return please show the date here. Companies House will then send a form at the appropriate time.

Day	Month	Year

### Registered Office (See note 3)

This is the address registered by Companies House.

BUSINESS INNOVATION CENTRE  
WEARFIELD  
SOUTHWICK RIVERSIDE  
SUNDERLAND SR5 2TA

.....  
.....  
.....  
.....

### Principal business activities (See note 4)

Trade classification is  
2290 FOOD INDUSTRIES (OTHER)


If the code cannot be determined from the notes, give a brief description of principal activity.

If the information shown needs amendment, give details below and, for secretary and director particulars, the date of any change.

## Register of members *(See note 5)*

The register is kept at  
REGISTERED OFFICE

.....  
.....  
.....  
.....

## Register of debenture holders *(See note 6)*

Any register of debenture holders (or duplicate) is kept at

.....  
.....  
.....  
.....

## Company Secretary *(See note 7)*

Particulars of a new secretary **must** be notified on form 288.

MATHEW DAVID  
RICHARDSON  
BSC HONS  
4 SUMMERHILL  
BURN PARK  
SUNDERLAND  
WEAR SIDE SR2 7XZ

Day	Month	Year

Date of any change.

.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....

If this person has ceased to be secretary, please state when.

Day	Month	Year

Date of resignation.

## Directors *(See note 7)*

Particulars of a new director **must** be notified on form 288.

MICHAEL FORSTER  
HOLMES  
WHITBURN MOORS FARM  
SUNDERLAND ROAD  
CLEADON  
TYNE AND WEAR SR6 7UN

Day	Month	Year

Date of any change.

.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....

Date of Birth:- 23/07/46  
Nat:BRITISH  
Occ:DAIRY FARMER

If this person has ceased to be director, please state when.

Day	Month	Year

Date of resignation.

Other directorships.

.....  
.....  
.....

**Directors - continued**

Particulars.

Day	Month	Year

Date of any change.

MATHEW DAVID  
RICHARDSON  
BSC HONS  
4 SUMMERHILL  
BURN PARK  
SUNDERLAND  
WEAR SIDE SR2 7XZ

Date of Birth:- 09/05/71

Nat:BRITISH

Occ:HEALTH PRODUCTS

If this person has ceased to be director, please state when.

Day	Month	Year

Date of resignation.

Other directorships.

Particulars.

Day	Month	Year

Date of any change.

NO MORE DIRECTORS - ADDITIONAL SECRETARIES  
OR DIRECTORS MUST BE NOTIFIED ON FORM 288.

If this person has ceased to be director, please state when.

Day	Month	Year

Date of resignation.

Other directorships.

Particulars.

Day	Month	Year

Date of any change.

NO MORE DIRECTORS - ADDITIONAL SECRETARIES  
OR DIRECTORS MUST BE NOTIFIED ON FORM 288.

If this person has ceased to be director, please state when.

Day	Month	Year

Date of resignation.

Other directorships.

**Issued Share Capital** (See note 8)

Enter details of all shares in issue at the date of this return.

Class (eg Ordinary/ Preference etc)	Number of shares issued	Aggregate nominal value (ie Number of shares issued multiplied by nominal value per share)
Ordinary	2	£2
Totals	2	2

**List of past and present members**

(See note 9)

(Use attached schedule where appropriate)

A full list is required if one was not included with either of the last two returns.

Please mark the appropriate box.

There were no changes in the period ☐

on paper

not on paper

The last full members list was at 19/06/94

A list of changes is enclosed ☒

A full list of members is enclosed ☐

**Elective resolutions** (See note 10)

(Private companies only)

If an elective resolution is in force at the date of this return to dispense with annual general meetings, mark this box. ☐

If an elective resolution is in force at the date of this return to dispense with laying accounts in general meetings, mark this box. ☐

**Certificate**

I certify that the information given in this return is true to the best of my knowledge and belief.

I enclose the fee of **£18.**

Cheques should be made payable to **Companies House.**

Signed M Richardson

Secretary/Director

\*(delete as appropriate)

Date 12/06/95

This return includes                      continuation sheets.  
(enter number)

**Please ensure that you have completed all sections on this page.**

To whom should Companies House direct any enquiries about the information shown in this return?

MATHEW RICHARDSON

UNIT 11, BUSINESS INNOVATION

CENTRE, SOUTHWICK RIVERSIDE

SUNDERLAND Postcode SR5 2TA

Telephone (0191) 516 8816 Ext           



**SCHEDULE TO FORM 363**

**Continued overleaf**

**SCHEDULE TO FORM 363**

1. 2. 3. 4. 5.