



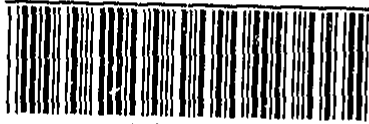
COMPANIES HOUSE

BR 4 32
100015

363s

Annual Return

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



AGEKD20D

A31 RECEIPT DATE: 05/07/94

A15 RECEIPT DATE: 21/06/94

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 27/05/94

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
18	06	94

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
19	06	94

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
19	06	94

Registered Office (See note 3)

This is the address registered by Companies House.

INDUSTRY CENTRE
HYLTON RIVERSIDE WEST
WESINGTON WAY
SUNDERLAND SR5 3XB

INDUSTRY CENTRE
HYLTON RIVERSIDE WEST
WESINGTON WAY
SUNDERLAND SR5 3XB

Principal business activities (See note 4)

Please enter trade classification(s).

2290

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

Register of members (See note 5)

The register is kept at
REGISTERED OFFICE

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

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.

MATHEW RICHARDSON
4 SUMMERHILL
BURN PARK
SUNDERLAND
WEAR SIDE
SR2 7XZ.

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.

ELIZABETH
RICHARDSON
32 BIRCHGROVE ROAD
BIRCHGROVE
CARDIFF
CF4 1RS

Day	Month	Year

 Date of any change.

ELIZABETH RICHARDSON
32 BIRCHGROVE ROAD
BIRCHGROVE
CARDIFF
CF4 1RS

Date of Birth:- 03/12/51
Nat:WELSH
Occ:DIRECTOR

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

Day	Month	Year

 Date of resignation.

Other directorships.

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Directors - continued

Particulars.

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

Date of Birth:- 09/05/'11

Nat:BRITISH

Occ:HEALTH PRODUCTS

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

Other directorships.

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

Day	Month	Year

 Date of any change.

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

Day	Month	Year

 Date of resignation.

Particulars.

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

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

Other directorships.

Day	Month	Year

 Date of any change.

Day	Month	Year

 Date of resignation.

Particulars.

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

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

Other directorships.

Day	Month	Year

 Date of any change.

Day	Month	Year

 Date of resignation.

02828321

Issued Share Capital (See note 8)

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

No Share Capital
Issued.Class
(eg Ordinary/
Preference etc)Number of
shares issuedAggregate
nominal value
(ie Number of shares
issued multiplied by
nominal value per share)

Ordinary	2	12
Totals		

List of past and present members

(See note 9)

(Use attached schedule where appropriate)

Please mark the
appropriate box.

A full list is required.

on paper not on
paper

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 £32.

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

Signed

M. Richardson

Secretary/Director*

*(delete as appropriate)

Date

15/6/14

This return includes (enter number) continuation sheets.

**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?

MATT RICHARDSON
INDUSTRY CENTRE
HYLTON RIVERSIDE WEST
WESINGTON WAY Postcode SR5 3XR
SUNDERLAND
Telephone 091-515-2659 Ext

Printed on
Recycled Paper

SCHEDULE TO FORM 363

Continued overleaf

LIST OF PAST AND PRESENT MEMBERS (continued)

SCHEDULE TO FORM 363[illegible]