

This information can be filed securely and accurately online using WebFiling. This downloadable form, however, contains no inbuilt checks and must be printed, signed and posted to Companies House for manual processing.

2



Please complete in typescript,
or in bold black capitals

CHWP000

288a

APPOINTMENT of director or secretary (NOT for resignation (use Form 288b) or change of particulars (use Form 288c))

Company Number 5602067

Company Name in full Rude Health Foods Limited

Date of appointment
Day Month Year
2 1 0 4 2 0 0 8

†Date of Birth
Day Month Year

Appointment form
Appointment as director

as secretary

✓ Please mark the appropriate box. If appointment is as a director and secretary mark both boxes

Notes on completion
appear on reverse

NAME *Style / Title

Mr

*Honours etc

Forename(s) Jonathan

Surname Bouldin

Previous
Forename(s)

Previous
Surname(s)

†† Tick this box if the
address shown is a
service address for
the beneficiary of a
Confidentiality Order
granted under the
provisions of section
723B of the
Companies Act 1985

†† Usual residential
address

37 Drive Mansions

Post town

London

Postcode

SW6 5JD

County / Region

London

Country

England

†Nationality

†Business occupation

†Other directorships
(additional space overleaf)

I consent to act as ~~director~~ / secretary of the above named company

Consent signature

Jonathan Bouldin

Date

15/4/08

* Voluntary details

† Directors only

**Delete as appropriate

A director, secretary etc must sign the form below.

Signed

Nicholas Bouldin

Date

15 04 2008

(**a director / secretary / administrator / administrative receiver / receiver-manager / receiver)

You do not have to give any contact
information in the box opposite but if you
do, it will help Companies House to
contact you if the



A28 30/04/2008 436

COMPANIES HOUSE

A68 18/04/2008 114

COMPANIES HOUSE

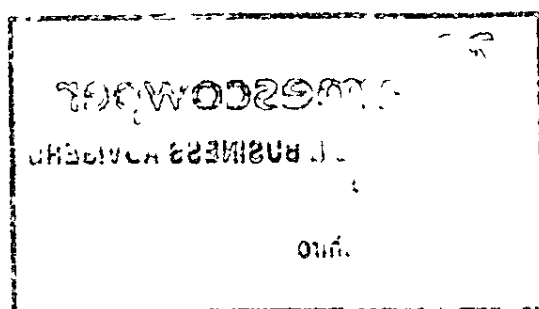


When you have completed and signed the form please send it to the
Registrar of Companies at

Companies House, Crown Way, Cardiff, CF14 3UZ DX 33050 Cardiff
for companies registered in England and Wales
Companies House, 37 Castle Terrace, Edinburgh, EH1 2EB
for companies registered in Scotland

DX 235 Edinburgh
or LP - 4 Edinburgh 2

WEDNESDAY



Company Number 5602067

† Directors only

† Other directorships

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 succeeded 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