

**Return of Allotment of Shares**Company Name: **RUDE HEALTH FOODS LIMITED**Company Number: **05602067**Received for filing in Electronic Format on the: **07/10/2016**

X5H4AVM8

Shares Allotted (including bonus shares)

Date or period during which shares are allotted	From	To
	01/01/2016	28/02/2016

Class of Shares:	ORDINARY	Number allotted	3000
Currency:	GBP	Nominal value of each share	1
		Amount paid:	3
		Amount unpaid:	0

No shares allotted other than for cash

Statement of Capital (Share Capital)

Class of Shares:	ORDINARY	Number allotted	409500
Currency:	GBP	Aggregate nominal value:	409500
Prescribed particulars			
FULL			

Statement of Capital (Totals)

Currency:	GBP	Total number of shares:	409500
		Total aggregate nominal value:	409500
		Total aggregate amount unpaid:	0

Authorisation

Authenticated

This form was authorised by one of the following:

Director, Secretary, Person Authorised, Administrator, Administrative Receiver, Receiver, Receiver Manager, CIC Manager.