

Unaudited Financial Statements for the Year Ended 30 September 2022

for

Advance Nutrition Limited

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for the Year Ended 30 September 2022**

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Advance Nutrition Limited

Company Information
for the Year Ended 30 September 2022

DIRECTOR: Mrs C Bailey

SECRETARY:

REGISTERED OFFICE: 8 The Knapp
Earley
Reading
Berkshire
RG6 7DD

REGISTERED NUMBER: 07784398 (England and Wales)

ACCOUNTANTS: Peter Upton
Bridge House
2 Bridge Avenue
Maidenhead
Berkshire
SL6 1RR

Balance Sheet
30 September 2022

	Notes	30.9.22 £	£	30.9.21 £	£
FIXED ASSETS					
Tangible assets	4		10,326		11,693
CURRENT ASSETS					
Debtors	5	949		3,831	
Cash at bank		<u>204,173</u>		<u>211,162</u>	
		205,122		214,993	
CREDITORS					
Amounts falling due within one year	6	<u>16,170</u>		<u>24,989</u>	
NET CURRENT ASSETS			<u>188,952</u>		<u>190,004</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			199,278		201,697
PROVISIONS FOR LIABILITIES	7		<u>2,701</u>		<u>2,135</u>
NET ASSETS			<u>196,577</u>		<u>199,562</u>
CAPITAL AND RESERVES					
Called up share capital	8		100		100
Retained earnings	9		<u>196,477</u>		<u>199,462</u>
SHAREHOLDERS' FUNDS			<u>196,577</u>		<u>199,562</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 September 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 September 2022 in accordance with Section 476 of the Companies Act 2006.

The director acknowledges her responsibilities for:

- (a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The financial statements have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies regime.

In accordance with Section 444 of the Companies Act 2006, the Income Statement has not been delivered.

The financial statements were approved by the director and authorised for issue on 10 February 2023 and were signed by:

Mrs C Bailey - Director

Notes to the Financial Statements
for the Year Ended 30 September 2022

1. STATUTORY INFORMATION

Advance Nutrition Limited is a private company, limited by shares, registered in England and Wales. The company's registered number and registered office address can be found on the Company Information page.

2. ACCOUNTING POLICIES

Basis of preparing the financial statements

These financial statements have been prepared in accordance with Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" including the provisions of Section 1A "Small Entities" and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Turnover

Turnover is measured at the fair value of the consideration received or receivable, excluding discounts, rebates, value added tax and other sales taxes.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery etc - 25% on cost and 10% on cost

Taxation

Taxation for the year comprises current and deferred tax. Tax is recognised in the Income Statement, except to the extent that it relates to items recognised in other comprehensive income or directly in equity.

Current or deferred taxation assets and liabilities are not discounted.

Current tax is recognised at the amount of tax payable using the tax rates and laws that have been enacted or substantively enacted by the balance sheet date.

Deferred tax

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date.

Timing differences arise from the inclusion of income and expenses in tax assessments in periods different from those in which they are recognised in financial statements. Deferred tax is measured using tax rates and laws that have been enacted or substantively enacted by the year end and that are expected to apply to the reversal of the timing difference.

Unrelieved tax losses and other deferred tax assets are recognised only to the extent that it is probable that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits.

Pension costs and other post-retirement benefits

The company operates a defined contribution pension scheme. Contributions payable to the company's pension scheme are charged to profit or loss in the period to which they relate.

Financial instruments

Basic financial instruments are recognised at amortised cost, except for investments in non convertible preference and non-puttable ordinary shares which are measured at fair value, with changes recognised in profit or loss. Derivative financial instruments are initially recorded at cost and thereafter at fair value with changes recognised in profit or loss.

3. EMPLOYEES AND DIRECTORS

The average number of employees during the year was 3 (2021 - 3) .

**Notes to the Financial Statements - continued
for the Year Ended 30 September 2022**

4. TANGIBLE FIXED ASSETS

	Improvements to property £	Fixtures and fittings £	Office & sundry equipment £	Totals £
COST				
At 1 October 2021	38,902	1,029	14,322	54,253
Additions	-	-	3,373	3,373
At 30 September 2022	<u>38,902</u>	<u>1,029</u>	<u>17,695</u>	<u>57,626</u>
DEPRECIATION				
At 1 October 2021	27,231	1,007	14,322	42,560
Charge for year	3,890	7	843	4,740
At 30 September 2022	<u>31,121</u>	<u>1,014</u>	<u>15,165</u>	<u>47,300</u>
NET BOOK VALUE				
At 30 September 2022	<u>7,781</u>	<u>15</u>	<u>2,530</u>	<u>10,326</u>
At 30 September 2021	<u>11,671</u>	<u>22</u>	<u>-</u>	<u>11,693</u>

5. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	30.9.22	30.9.21
	£	£
Trade debtors	<u>949</u>	<u>3,831</u>

6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	30.9.22	30.9.21
	£	£
Trade creditors	2,930	1,753
Tax	-	8,281
Social security and other taxes	-	200
VAT	493	1,888
Other creditors	3,107	-
Directors' current accounts	8,440	11,073
Accrued expenses	<u>1,200</u>	<u>1,794</u>
	<u>16,170</u>	<u>24,989</u>

7. PROVISIONS FOR LIABILITIES

	30.9.22	30.9.21
	£	£
Deferred tax	<u>2,701</u>	<u>2,135</u>

	Deferred tax £
Balance at 1 October 2021	2,135
Provided during year	<u>566</u>
Balance at 30 September 2022	<u>2,701</u>

Notes to the Financial Statements - continued
for the Year Ended 30 September 2022

8. **CALLED UP SHARE CAPITAL**

Allotted, issued and fully paid:

Number:	Class:	Nominal value: £1	30.9.22 £ <u>100</u>	30.9.21 £ <u>100</u>
100	Ordinary			

9. **RESERVES**

	Retained earnings £
At 1 October 2021	199,462
Deficit for the year	<u>(2,985)</u>
At 30 September 2022	<u>196,477</u>

10. **ULTIMATE CONTROLLING PARTY**

The ultimate controlling party is Mrs C Bailey.

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.