REGISTERED NUMBER: 07526129 (England and Wales)

Abbreviated Unaudited Accounts

for the Period 1 March 2012 to 30 April 2013

for

Practically Natural Limited

Contents of the Abbreviated Accounts for the Period 1 March 2012 to 30 April 2013

Practically Natural Limited

Company Information
for the Period 1 March 2012 to 30 April 2013

DIRECTOR:	A R O Baker
SECRETARY:	
REGISTERED OFFICE:	Brook Point 1412 High Road London N20 9BH
REGISTERED NUMBER:	07526129 (England and Wales)
ACCOUNTANTS:	Niren Blake LLP Chartered Accountants Brook Point 1412 High Road Whetstone London N20 9BH

Practically Natural Limited (Registered number: 07526129)

Abbreviated Balance Sheet
30 April 2013

	Notes	2013 £	2012 £
FIXED ASSETS			
Tangible assets	2	**5,625**	-
CURRENT ASSETS			
Stocks		**1,500**	-
Debtors		**2,989**	-
Cash at bank and in hand		**10,284**	100
		14,773	100
CREDITORS			
Amounts falling due within one year		**(11,281)**	-
NET CURRENT ASSETS		**3,492**	100
TOTAL ASSETS LESS CURRENT LIABILITIES		**9,117**	100
CAPITAL AND RESERVES			
Called up share capital	3	**100**	100
Profit and loss account		**9,017**	-
SHAREHOLDERS' FUNDS		**9,117**	100

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 30 April 2013.

The members have not required the company to obtain an audit of its financial statements for the period ended 30 April 2013 in accordance with Section 476 of the Companies Act 2006.

The director acknowledges his 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 abbreviated accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The financial statements were approved by the director on 20 January 2014 and were signed by:

A R O Baker - Director

The notes form part of these abbreviated accounts

Notes to the Abbreviated Accounts
for the Period 1 March 2012 to 30 April 2013

1. ACCOUNTING POLICIES

Accounting convention
The financial statements have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

Turnover
Turnover represents net invoiced sales of goods, excluding value added tax.

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 reducing balance

Stocks
Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

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

Hire purchase and leasing commitments
Rentals paid under operating leases are charged to the profit and loss account on a straight line basis over the period of the lease.

2. TANGIBLE FIXED ASSETS

	Total
	£
COST	
Additions	**7,500**
At 30 April 2013	**7,500**
DEPRECIATION	
Charge for period	**1,875**
At 30 April 2013	**1,875**
NET BOOK VALUE	
At 30 April 2013	**5,625**

3. CALLED UP SHARE CAPITAL

Allotted, issued and fully paid:

Number:	Class:	Nominal value:	2013 £	2012 £
100	Ordinary shares	£1	**100**	100