

**PROTEIN SHAKER LTD  
UNAUDITED ACCOUNTS  
FOR THE YEAR ENDED 30 SEPTEMBER 2019**

**PROTEIN SHAKER LTD**  
**ANNUAL REPORT AND UNAUDITED ACCOUNTS**  
**FOR THE YEAR ENDED 30 SEPTEMBER 2019**

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<b>CONTENTS</b>	<b>PAGE</b>
<u>Company information</u>	<u>3</u>
<u>Statement of financial position</u>	<u>4</u>

**PROTEIN SHAKER LTD**  
**COMPANY INFORMATION**  
**FOR THE YEAR ENDED 30 SEPTEMBER 2019**

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<b>Director</b>	ANEEZA QASIM
<b>Company Number</b>	10984022 (England and Wales)
<b>Registered Office</b>	UNIT 4 THE VICTORIA WORKS THE WELLS ROAD NOTTINGHAM NG3 3AR ENGLAND
<b>Accountants</b>	S Hussain 131 Charlbury Road Wollaton Nottingham NG8 1NE

**PROTEIN SHAKER LTD**  
**STATEMENT OF FINANCIAL POSITION**  
**AS AT 30 SEPTEMBER 2019**

	<b>2019</b>	<b>2018</b>
	<b>£</b>	<b>£</b>
Fixed assets	10,028	12,535
Current assets	14,860	8,815
Creditors: amounts falling due within one year	(24,555)	(21,823)
<b>Net current liabilities</b>	<b>(9,695)</b>	<b>(13,008)</b>
<b>Total assets less current liabilities</b>	<b>333</b>	<b>(473)</b>
<b>Net assets/(net liabilities)</b>	<b>333</b>	<b>(473)</b>
<b>Capital and reserves</b>	<b>333</b>	<b>(473)</b>

**NOTES TO THE ACCOUNTS**

**1 Statutory information**

PROTEIN SHAKER LTD is a private company, limited by shares, registered in England and Wales, registration number 10984022. The registered office is UNIT 4 THE VICTORIA WORKS, THE WELLS ROAD, NOTTINGHAM, NG3 3AR, ENGLAND.

**2 Average number of employees**

During the year the average number of employees was 1 (2018: 0).

For the year ending 30 September 2019 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies. The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The director acknowledges her responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the micro-entity provisions of the Companies Act 2006 and FRS 105, The Financial Reporting Standard applicable to the Micro-entities Regime. The accounts have been delivered in accordance with the provisions applicable to companies subject to the small companies regime. The profit and loss account has not been delivered to the Registrar of Companies.

Approved by the board on 21 September 2020

ANEEZA QASIM  
Director

Company Registration No. 10984022

