



**Companies House**

— for the record —

Company Name

**ARNICA MONTANA LIMITED**

## 363s Annual Return

- > Please check the details printed in blue on this statement.
- > If any details are wrong, strike them through and write the correct details in the "Amended details" column.
- > Please use black pen and write in capi

Company Type

**Private Company Limited By Shares**

Company Number

**4151214**

Information extracted from  
Companies House records on

**15th January 2002**

### Section 1: Company details



A31 \*AT1N58JN\* 0673  
COMPANIES HOUSE 22/02/02  
COMPANIES HOUSE 13/02/02

Ref: 4151214/01/01

#### Current details

#### Amended details

<p>&gt; Registered Office Address</p> <p><i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i></p>	<p><b>66 High Street Horsell Woking Surrey GU21 4SZ</b></p>	<p>Address</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>UK Postcode    _ _ _ _ _</p>
<p>&gt; Register of Members</p> <p><i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i></p>	<p><b>Address where the Register is held</b></p> <p><b>At Registered Office</b></p>	<p>Address</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>UK Postcode    _ _ _ _ _</p>
<p>&gt; Register of Debenture Holders</p> <p><i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i></p>	<p><b>Not Applicable</b></p>	<p>Address</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>UK Postcode    _ _ _ _ _</p>
<p>&gt; Principal Business Activities</p> <p><i>Please enter principal activity code(s) in "Amended details" column. See notes for guidance for list of activity codes. Please use the most appropriate code in the list, or write a short description of your company's activities.</i></p>	<p><i>None held, please enter SIC code or description in the amended details column.</i></p>	<p><b>SIC CODE    Description</b></p> <p><b>5110    WHOLESALE OF MEDICAL INFORMATION</b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>

## Section 2: Details of Officers of the Company

	Current details	Amended details
<b>&gt; Company Secretary</b> <i>If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>  <i>Particulars of a new Company Secretary must be notified on form 288.</i>	<b>Name</b> Catherine DIAMANTOPOULO  <b>Address</b> 57 Bates Road Brighton East Sussex BN1 6PF	<b>Name</b> _____ <b>Address</b> _____ _____ _____ <b>UK Postcode</b> _ _ _ _ _ <b>Date of change</b> _ _ / _ _ / _ _ _ _ <b>Date Catherine DIAMANTOPOULO ceased to be secretary (if applicable)</b> _ _ / _ _ / _ _ _ _
<b>&gt; Director</b> <i>If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>  <i>Particulars of a new Director must be notified on form 288.</i>	<b>Name</b> Josephine BAILEY  <b>Address</b> 36 Florence Avenue Hove East Sussex BN3 7GX  <b>Date of birth</b> 03/10/1956  <b>Nationality</b> British  <b>Occupation</b> Marketing Director	<b>Name</b> _____ <b>Address</b> _____ _____ _____ <b>UK Postcode</b> _ _ _ _ _ <b>Date of birth</b> _ _ / _ _ / _ _ _ _ <b>Nationality</b> _ _ _ _ _ <b>Occupation</b> _ _ _ _ _ <b>Date of change</b> _ _ / _ _ / _ _ _ _ <b>Date Josephine BAILEY ceased to be director (if applicable)</b> _ _ / _ _ / _ _ _ _
<b>&gt; Director</b> <i>If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>  <i>Particulars of a new Director must be notified on form 288.</i>	<b>Name</b> Catherine DIAMANTOPOULO  <b>Address</b> 57 Bates Road Brighton East Sussex BN1 6PF  <b>Date of birth</b> 02/11/1948  <b>Nationality</b> British  <b>Occupation</b> Homeopath	<b>Name</b> _____ <b>Address</b> _____ _____ _____ <b>UK Postcode</b> _ _ _ _ _ <b>Date of birth</b> _ _ / _ _ / _ _ _ _ <b>Nationality</b> _ _ _ _ _ <b>Occupation</b> _ _ _ _ _ <b>Date of change</b> _ _ / _ _ / _ _ _ _ <b>Date Catherine DIAMANTOPOULO ceased to be director (if applicable)</b> _ _ / _ _ / _ _ _ _

**Section 3: Total Issued Share Capital****(B)**

- > Please enter the details of the company's total share capital in the space provided below.

**Issued share capital details**

- > Please fill in the details of total share capital by class (eg. ordinary, preference etc) that has been issued to the company's shareholders.

Class of Share

Ordinary £1

Number of shares issued

100

Aggregate Nominal Value of issued shares

£100

Class of Share

Number of shares issued

Aggregate Nominal Value of issued shares

Class of Share

Number of shares issued

Aggregate Nominal Value of issued shares

Class of Share

Number of shares issued

Aggregate Nominal Value of issued shares

- > Please fill in the total number of issued shares and their total nominal value.

Number of shares issued

100

Aggregate Nominal Value of issued shares

£100

- > Please send a full list of shareholders with this annual return. Use Sections 4A (and 4B if appropriate) to give the details. You must name all the shareholders.

## Section 4: Details of Current Shareholders

(A)

- > Please fill in the details of any persons or corporate bodies who are shareholders at the date of this return.
- > For jointly held shares please list those joint shareholders consecutively on the form. If a joint shareholder also holds shares in their own right, list that holding separately.
- > Please use Section 4B to give details of any persons or corporate bodies who have ceased to be shareholders since the last annual return or, in the case of a first return, since the incorporation of the company.
- > Please copy this page if there is not enough space to enter all the company's current shareholders.

Shareholders details	Class and number of shares or amount of stock held	Class and number of shares or amount of stock transferred (if appropriate)	Date of registration of transfer (if appropriate)
Name <u>MAS CM DIAMANTOPOULU</u> Address <u>57, BATES RD</u> <u>BRIGHTON</u> <u>SUSSEX</u> UK Postcode <u>    </u> <u>    </u> <u>    </u> <u>    </u> <u>    </u> <u>    </u>	<u>50 ORDINARY</u> <u>A1</u>		
Name <u>JOSEPHINE BAILEY</u> Address <u>26, FLORENCE AVE</u> <u>HOVE,</u> <u>BRIGHTON</u> UK Postcode <u>BN3</u> <u>7</u> <u>GX</u>	<u>50 ORDINARY</u> <u>11</u> <u>6</u>		
Name _____ Address _____ _____ _____ UK Postcode <u>    </u> <u>    </u> <u>    </u> <u>    </u> <u>    </u> <u>    </u>			
Name _____ Address _____ _____ _____ UK Postcode <u>    </u> <u>    </u> <u>    </u> <u>    </u> <u>    </u> <u>    </u>			

**Section 4B: Details of Former Shareholders**

- > Please fill in details of any persons or corporate bodies who have ceased to be shareholders at the date of this return. Also, please give the dates that their shares were transferred.
- > Please copy this page if there is not enough space to enter all the company's former shareholders.

Former shareholders details	Class and number of shares or amount of stock transferred	Date of registration of transfer
Name _____ Address _____ _____ _____ UK Postcode    _ _ _ _ _		
Name _____ Address _____ _____ _____ UK Postcode    _ _ _ _ _		
Name _____ Address _____ _____ _____ UK Postcode    _ _ _ _ _		
Name _____ Address _____ _____ _____ UK Postcode    _ _ _ _ _		
Name _____ Address _____ _____ _____ UK Postcode    _ _ _ _ _		



Companies House

— for the record —

## 363s Annual Return Declaration

- > When you have checked all the sections of this form, please complete this page and sign the declaration below.
- > If you want to change the made up date of this annual return, please complete 2 below.

### 1. Declaration

- ☐ I confirm that the details in this annual return are correct as at the made-up-date (shown at 2 below). I enclose the filing fee of £15.

Signature *[Handwritten Signature]*  
(Director / Secretary)

Date 12.02.02  
This date must not be earlier than the return date at 2 below

#### What to do now

Complete this page then send the whole of the Annual Return and the declaration to the address shown at 4 below.

### 2. Date of this return

- ☐ This AR is made up to 31/1/2002
- If you are making this return up to an earlier date, please give the date here

\_\_ / \_\_ / \_\_\_\_

Note: The form must be delivered to CH within 28 days of this date

### 3. Date of next return

- ☐ If you wish to change your next return to a date earlier than 31st January 2003 please give the new date here:

\_\_ / \_\_ / \_\_\_\_

### 4. Where to send this form

- ☐ Please return this form to:  
Registrar of Companies  
Companies House  
Crown Way  
Cardiff CF14 3UZ

OR

For members of the Hays Document  
Exchange service  
DX 33050 Cardiff

**Have you enclosed the filing fee with the company number written on the reverse of the cheque?**

Cheque ☒ Postal Order ☐ Cheque / Postal Order  
Number \_\_\_\_\_

(Please complete as appropriate)

### Contact Address

Please give the name and address of the person who should be contacted if there are any queries about this form.

Contact Name  
VINCENT BLACKWELL & CO.  
Address  
CERTIFIED ACCOUNTANT  
66 High Street  
Horsell, Woking  
Surrey GU24 0SZ  
Postcode GU24 0SZ

Telephone number inc code  
01483 724332  
DX number if applicable  
\_\_\_\_\_  
DX exchange  
\_\_\_\_\_