



**Companies House**

— for the record —

**363S<sub>(ef)</sub>**

**Annual Return**

*Company Name:* **ASHLINS NATURAL HEALTH LIMITED**

*Company Number:* **03949977**



X81KC3NS

*Received for filing in Electronic Format on the:* **17/03/2005**

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*Company Details*

*Made Up Date:* **17/03/2005**

*Company Type:* **PRIVATE COMPANY LIMITED BY SHARES**

*Principle Business Activities:*

*SIC Codes*

**8514**

**OTHER HUMAN HEALTH ACTIVITIES**

*Registered Office:*

*Address:*

**365 RAYLEIGH ROAD  
LEIGH ON SEA  
ESSEX  
SS9 5PS**

*Register of*

*Members Address:*

**At Registered Office**

*Register of Debenture*

*Holders Address:*

**Not Applicable**

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*Details of Officers of the Company*

*Company Secretary:*

*Name:* **DEBORAH KNIGHT**

*Address:* **1 PEONY COURT  
THE OAKS THE THE BRIDLE  
PATH  
WOODFORD GREEN  
ESSEX IG8 9LY**

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*Director 1:*

*Name:* **EDWARD HOUSDEN**

*Date of Birth:* **28/03/1945**

*Nationality:* **BRITISH**

*Occupation:* **ADMINISTRATOR**

*Address:* **19 WESTBURY ROAD**

**BUCKHURST HILL**

**ESSEX IG9 5NW**

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## Share Capital

### *Issued Share Capital Details:*

<i>Class of share</i>	<i>Number of shares issued</i>	<i>Aggregate nominal value of issued shares</i>
<b>ORDINARY</b>	<b>2</b>	<b>GBP2</b>
<b>TOTALS</b>	<b>2</b>	<b>GBP2</b>

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## Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 17/03/2005, or that had ceased to be shareholders since the made up date of the previous Annual Return.

### *Shareholding 1:*

**2 ORDINARY Shares held as at 17/03/2005**

*Name:* **EDWARD HOUSDEN**

*Address:* **19 WESTBURY ROAD  
BUCKHURST HILL ESSEX IG9 5NW**

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## Authorisation

*Authoriser Designation:* **DIRECTOR** *Date Authorised:* **17/03/2005** *Authenticated:* **Yes (E/W)**