

Registered Number 03692248

FOCUSED NUTRITION LIMITED

Abbreviated Accounts

31 December 2012

Abbreviated Balance Sheet as at 31 December 2012

| | Notes | 2012 | 2011 |
|--|-------|------------------|------------------|
| | | £ | £ |
| Fixed assets | | | |
| Intangible assets | 2 | - | 660 |
| Tangible assets | 3 | 9,964 | 5,116 |
| | | <u>9,964</u> | <u>5,776</u> |
| Current assets | | | |
| Stocks | | 14,983 | 19,524 |
| Debtors | | 65,495 | 42,704 |
| Cash at bank and in hand | | 13,535 | 2,660 |
| | | <u>94,013</u> | <u>64,888</u> |
| Creditors: amounts falling due within one year | | (126,225) | (123,734) |
| Net current assets (liabilities) | | <u>(32,212)</u> | <u>(58,846)</u> |
| Total assets less current liabilities | | <u>(22,248)</u> | <u>(53,070)</u> |
| Creditors: amounts falling due after more than one year | | (139,674) | (130,861) |
| Total net assets (liabilities) | | <u>(161,922)</u> | <u>(183,931)</u> |
| Capital and reserves | | | |
| Called up share capital | 4 | 2 | 2 |
| Profit and loss account | | (161,924) | (183,933) |
| Shareholders' funds | | <u>(161,922)</u> | <u>(183,931)</u> |

- For the year ending 31 December 2012 the company was entitled to exemption 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 directors acknowledge their 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 provisions applicable to companies subject to the small companies regime.

Approved by the Board on 23 September 2013

And signed on their behalf by:

J Rooney, Director

Notes to the Abbreviated Accounts for the period ended 31 December 2012

1 Accounting Policies

Basis of measurement and preparation of accounts

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities effective April 2008.

Turnover policy

Turnover equates to the invoiced value of goods net of Vat

Tangible assets depreciation policy

Leasehold improvements - 20% Straight line

Fixtures & fittings - 20% Straight line

Intangible assets amortisation policy

Goodwill is being written off over a period of 10 years

2 Intangible fixed assets

| | £ |
|------------------------|--------------|
| Cost | |
| At 1 January 2012 | 6,612 |
| Additions | - |
| Disposals | - |
| Revaluations | - |
| Transfers | - |
| At 31 December 2012 | <u>6,612</u> |
| Amortisation | |
| At 1 January 2012 | 5,952 |
| Charge for the year | 660 |
| On disposals | - |
| At 31 December 2012 | <u>6,612</u> |
| Net book values | |
| At 31 December 2012 | <u>0</u> |
| At 31 December 2011 | <u>660</u> |

3 Tangible fixed assets

| | £ |
|-------------------|---------|
| Cost | |
| At 1 January 2012 | 155,071 |

| | |
|------------------------|----------------|
| Additions | 7,098 |
| Disposals | - |
| Revaluations | - |
| Transfers | - |
| At 31 December 2012 | <u>162,169</u> |
| Depreciation | |
| At 1 January 2012 | 149,955 |
| Charge for the year | 2,250 |
| On disposals | - |
| At 31 December 2012 | <u>152,205</u> |
| Net book values | |
| At 31 December 2012 | <u>9,964</u> |
| At 31 December 2011 | <u>5,116</u> |

4 **Called Up Share Capital**

Allotted, called up and fully paid:

| | <i>2012</i> | <i>2011</i> |
|------------------------------|-------------|-------------|
| | £ | £ |
| 2 Ordinary shares of £1 each | 2 | 2 |

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