Registered Number 03692248

FOCUSED NUTRITION LIMITED

Abbreviated Accounts

31 December 2014

FOCUSED NUTRITION LIMITED **Registered Number 03692248**

Abbreviated Balance Sheet as at 31 December 2014

	Notes	*2014*	*2013*
		£	£
Fixed assets			
Tangible assets	2	12,982	11,367
		12,982	11,367
Current assets			
Stocks		22,378	16,802
Debtors		83,252	62,418
Cash at bank and in hand		2,436	16,145
		108,066	95,365
Creditors: amounts falling due within one year		(141,670)	(125,115)
Net current assets (liabilities)		(33,604)	(29,750)
Total assets less current liabilities		(20,622)	(18,383)
Creditors: amounts falling due after more than one year		(92,676)	(118,328)
Total net assets (liabilities)		(113,298)	(136,711)
Capital and reserves			
Called up share capital	3	2	2
Profit and loss account		(113,300)	(136,713)
Shareholders' funds		(113,298)	(136,711)

- For the year ending 31 December 2014 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 9 July 2015

And signed on their behalf by:
Mr J Rooney, Director

Notes to the Abbreviated Accounts for the period ended 31 December 2014

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 sales net of Vat.

Tangible assets depreciation policy
Leasehold - 20% Straight line
Fixtures - 20% Straight line

2 Tangible fixed assets

	£
Cost	
At 1 January 2014	162,376
Additions	5,492
Disposals	-
Revaluations	-
Transfers	-
At 31 December 2014	167,868
Depreciation	
At 1 January 2014	151,009
Charge for the year	3,877
On disposals	-
At 31 December 2014	154,886
Net book values	
At 31 December 2014	12,982
At 31 December 2013	11,367

3 Called Up Share Capital

Allotted, called up and fully paid:

	2014	*2013*
	£	£
2 Ordinary shares of £1 each	2	2