

Registered Number 03692248

FOCUSED NUTRITION LIMITED

Abbreviated Accounts

31 December 2013

Abbreviated Balance Sheet as at 31 December 2013

	Notes	2013	2012
		£	£
Fixed assets			
Tangible assets	2	11,367	9,964
		<u>11,367</u>	<u>9,964</u>
Current assets			
Stocks		16,802	14,983
Debtors		62,418	65,495
Cash at bank and in hand		16,145	13,535
		<u>95,365</u>	<u>94,013</u>
Creditors: amounts falling due within one year		(125,115)	(126,225)
Net current assets (liabilities)		<u>(29,750)</u>	<u>(32,212)</u>
Total assets less current liabilities		<u>(18,383)</u>	<u>(22,248)</u>
Creditors: amounts falling due after more than one year		(118,328)	(139,674)
Total net assets (liabilities)		<u>(136,711)</u>	<u>(161,922)</u>
Capital and reserves			
Called up share capital	3	2	2
Profit and loss account		(136,713)	(161,924)
Shareholders' funds		<u>(136,711)</u>	<u>(161,922)</u>

- For the year ending 31 December 2013 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 22 April 2014

And signed on their behalf by:

JM Rooney, Director

Notes to the Abbreviated Accounts for the period ended 31 December 2013

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 comprises the invoiced value of goods and services net of Vat.

Tangible assets depreciation policy

Leasehold improvements - 20% Straight line

Fixtures & fittings - 20% Straight line

2 Tangible fixed assets

	£
Cost	
At 1 January 2013	162,169
Additions	4,300
Disposals	(4,093)
Revaluations	-
Transfers	-
At 31 December 2013	<u>162,376</u>
Depreciation	
At 1 January 2013	152,205
Charge for the year	2,897
On disposals	(4,093)
At 31 December 2013	<u>151,009</u>
Net book values	
At 31 December 2013	<u>11,367</u>
At 31 December 2012	<u>9,964</u>

3 Called Up Share Capital

Allotted, called up and fully paid:

	2013	2012
	£	£
2 Ordinary shares of £1 each	2	2

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