

**FOCUSED NUTRITION LIMITED**  
**ABBREVIATED FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 DECEMBER 2004**

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The company's registered number is 3692248



**FOCUSED NUTRITION LIMITED**  
**ABBREVIATED BALANCE SHEET**  
**AT 31 DECEMBER 2004**

	Notes	2004 £	£	2003 £	£
<b>FIXED ASSETS</b>					
Intangible assets	,2		5,290		5,951
Tangible Assets	1b & 3		62,399		20,624
			<u>67,689</u>		<u>26,575</u>
<b>CURRENT ASSETS</b>					
Stock	1c	25,222		26,629	
Debtors falling due within one year		77,038		72,334	
Cash at bank and in hand		234		6,588	
		<u>102,494</u>		<u>105,551</u>	
<b>CREDITORS: Amounts falling due within one year</b>		<u>164,456</u>		<u>126,201</u>	
<b>NET CURRENT LIABILITIES</b>			<u>(61,962)</u>		<u>(20,650)</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>			<u>5,727</u>		<u>5,925</u>
<b>CREDITORS: Amounts falling due after more than one year</b>			<u>27,616</u>		<u>-</u>
<b>NET ((LIABILITIES))/ASSETS</b>			<u>(21,889)</u>		<u>5,925</u>
<b>CAPITAL AND RESERVES</b>					
Called up share capital	4		2		2
Profit and loss account			(21,891)		5,923
<b>SHAREHOLDERS' FUNDS</b>			<u>(21,889)</u>		<u>5,925</u>

The directors consider that the company is entitled to exemption from the requirement to have an audit under the provisions of section 249A(1) of the Companies Act 1985. Shareholders holding 10% or more of the nominal value of the company's issued share capital have not issued a notice requiring an audit. The directors acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with section 221 of the Companies Act 1985, and for preparing accounts which give a true and fair view of the state of the company as at 31 December 2004 and of its loss for the year then ended in accordance with the requirements of section 226, and which otherwise comply with the requirements of the Act relating to the accounts as far as applicable to the company.

In preparing these abbreviated accounts the directors have taken advantage of the exemptions conferred by Part VII of the Companies Act 1985, and have done so on the grounds that, in their opinion, the company is entitled to the exemptions as a small company.

The abbreviated accounts were approved and signed on behalf of the board on 13 OCTOBER 2005

J M Rooney  
Director



The notes on pages 2 to 4 form part of these accounts

**FOCUSED NUTRITION LIMITED**  
**NOTES TO THE ABBREVIATED ACCOUNTS**  
**FOR THE YEAR ENDED 31 DECEMBER 2004**

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**1. ACCOUNTING POLICIES**

**1a. Basis of accounting**

The accounts have been prepared under the historical cost convention and include the results of the company's operations which are described in the Directors' Report, all of which are continuing.

**1b. Tangible fixed assets and depreciation**

Tangible fixed assets are stated at cost less depreciation.

Depreciation is provided, after taking account of any grants receivable, at the following annual rates in order to write off each asset over its estimated useful life, as follows:

Fixtures and fittings	20 % Reducing balance
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**1c. Stocks**

Stocks and work in progress are stated at the lower of cost and net realisable value after making due allowance for obsolete or slow moving stocks. Cost includes all direct costs and an appropriate proportion of fixed and variable overhead expenses. Net realisable value is based on the estimated selling price less the estimated cost of disposal.

**1d. Deferred Tax**

The charge to tax takes in to account taxation deferred as a result of timing differences between the treatment of certain items for taxation and accounting purposes. In general, deferred taxation is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date. However, deferred tax assets are recognised only to the extent that the directors consider that it is more likely than not that there will be suitable taxable profits from which the future reversal of the underlying timing differences can be deducted. Deferred taxation is measured on a non-discounted basis at the tax rates that are expected to apply in the periods in which the timing differences reverse, based on tax rates and the law enacted or substantively enacted at the balance sheet date.

**1e. Turnover**

Turnover comprises the invoiced value of goods and services supplied by the company, net of Value Added Tax and trade discounts.

**FOCUSED NUTRITION LIMITED**  
**NOTES TO THE ABBREVIATED ACCOUNTS (CONTINUED)**  
**FOR THE YEAR ENDED 31 DECEMBER 2004**

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**1. ACCOUNTING POLICIES (CONTINUED)**

**1f. Leasing and hire purchase**

Assets obtained under finance leases and hire purchase contracts are capitalised as tangible fixed assets. Assets acquired by finance lease are depreciated over the shorter of the lease term and their useful lives. Assets acquired by hire purchase are depreciated over their useful lives. Finance leases are those where substantially all of the benefits and risks of ownership are assumed by the company. Obligations under such agreements are included in creditors net of the finance charge allocated to future periods. The finance element of the rental payment is charged to the profit and loss account so as to produce a constant periodic rate of charge on the net obligation outstanding in each period.

All other leases are regarded as operating leases and the payments made under them are charged to the profit and loss account on a straight-line basis over the lease term.

<b>2. INTANGIBLE FIXED ASSETS</b>	<b>2004</b>
	<b>£</b>
<b>Cost</b>	
At 1 January 2004	6,612
At 31 December 2004	6,612
<b>Depreciation</b>	
At 1 January 2004	661
For the year	661
	1,322
<b>Net Book Amounts</b>	
At 31 December 2004	5,290
At 31 December 2003	5,951

**FOCUSED NUTRITION LIMITED**  
**NOTES TO THE ABBREVIATED ACCOUNTS (CONTINUED)**  
**FOR THE YEAR ENDED 31 DECEMBER 2004**

<b>3. TANGIBLE FIXED ASSETS</b>	<b>2004</b>	
	<b>£</b>	
<b>Cost</b>		
At 1 January 2004	22,657	
Additions	56,383	
Disposals	(1,650)	
At 31 December 2004	<u>77,390</u>	
<b>Depreciation</b>		
At 1 January 2004	2,033	
Disposals	(192)	
For the year	13,150	
At 31 December 2004	<u>14,991</u>	
<b>Net Book Amounts</b>		
At 31 December 2004	<u>62,399</u>	
At 31 December 2003	<u>20,624</u>	
<b>4. CALLED UP SHARE CAPITAL</b>	<b>2004</b>	<b>2003</b>
	<b>£</b>	<b>£</b>
Authorised:		
1000 Ordinary shares of £1 each	<u>1,000</u>	<u>1,000</u>
Allotted, issued and fully paid:		
2 Ordinary shares of £1 each	<u>2</u>	<u>2</u>

**5. RELATED PARTY TRANSACTIONS**

The directors hold all the issued share capital as shown on the Balance Sheet.

There were no related party transactions which require disclosure under Financial Reporting Standard No 8.