



Companies House

AR01 (ef)

Annual Return



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Company Name: **INGREDIENTS FOR LIFE LTD**

Company Number: **07648976**

Date of this return: **26/05/2014**

SIC codes: **47910**

Company Type: **Private company limited by shares**

Situation of Registered Office: **17 RUGBY MANSIONS
BISHOP KINGS ROAD
LONDON
UNITED KINGDOM
W14 8XD**

Officers of the company

Company Secretary 1

Type: **Person**
Full forename(s): **MR JOHN ROLAND**

Surname: **SMITH**

Former names:

Service Address: **6 ASTLEY AVENUE
LONDON
UNITED KINGDOM
NW2 4AD**

Company Director **1**

Type: **Person**

Full forename(s): **MR JOHN ROLAND**

Surname: **SMITH**

Former names:

Service Address: **6 ASTLEY AVENUE
LONDON
UNITED KINGDOM
NW2 4AD**

Country/State Usually Resident: **ENGLAND**

Date of Birth: **19/03/1951** *Nationality:* **BRITISH**

Occupation: **THERAPIST**

Statement of Capital (Share Capital)

Class of shares	ORDINARY	<i>Number allotted</i>	1
		<i>Aggregate nominal value</i>	1
<i>Currency</i>	GBP	<i>Amount paid per share</i>	0
		<i>Amount unpaid per share</i>	1

Prescribed particulars

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Statement of Capital (Totals)

<i>Currency</i>	GBP	<i>Total number of shares</i>	1
		<i>Total aggregate nominal value</i>	1

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 26/05/2014 or that had ceased to be shareholders since the made up date of the previous Annual Return

A full list of shareholders for the company are shown below

Shareholding 1 : **1 ORDINARY shares held as at the date of this return**
Name: **JOHN ROLAND SMITH**

Authorisation

Authenticated

This form was authorised by one of the following:

Director, Secretary, Person Authorised, Charity Commission Receiver and Manager, CIC Manager, Judicial Factor.