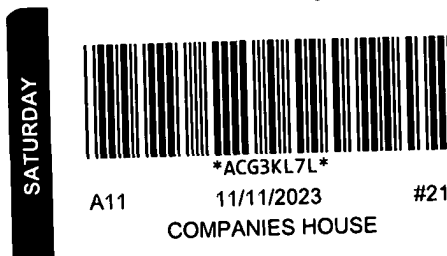


**Registration Number: 13058169**

**OM HEALTH AND NUTRITION LTD**

**Director's Report and Financial Statements  
for the year ended 31 March 2023**



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# OM HEALTH AND NUTRITION LTD

## Annual report and financial statements for the period ended 31 March 2023

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### COMPANY INFORMATION

Director	Mr Oliver Motisi
Company number	13058169
Registered Office	44 High Street Henlow SG16 6AA
Tax reference	623 / 24147 21105

# OM HEALTH AND NUTRITION LTD

## Director's Report for the year ended 31 March 2023

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The director presents his third report with the financial statements for the year ended 31 March 2023.

### PRINCIPAL ACTIVITY

The principal activity is the provision of sports nutrition consultancy.  
The Director will continue to offer financial assistance to the company as required.

### DIRECTOR

The director who served throughout the year is stated below:  
Mr Oliver Motisi

### DIRECTOR'S RESPONSIBILITIES

Company law requires the director to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the company as at the end of the financial year and of the profit and loss of the company for that period. In preparing those financial statements, the director is required to:

- select suitable accounting policies and then apply them consistently;
- make judgement and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The director is responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable him to ensure that the financial statements comply with the Companies Act 2006. He is also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

### CLOSE COMPANY

The company is a close company, as defined by ICTA 2006.

This report was approved by the Board on 21 September 2023 and signed on its behalf by:

  
.....  
Mr Oliver Motisi  
Director

**OM HEALTH AND NUTRITION LTD**

**Profit and Loss Account  
for the year ended 31 March 2023**

	<b>Notes</b>	<b>2023 £</b>	<b><u>2022</u> £</b>
<b>TURNOVER</b>	1	3,852	12,089
Cost of sales		<u>-</u>	<u>-</u>
<b>OPERATING PROFIT</b>	2	3,852	12,089
<b>Add:</b> Other income		<u>-</u>	<u>-</u>
		3,852	12,089
<b>Less:</b> Administrative expenses		<u>6,959</u>	<u>11,019</u>
<b>PROFIT / (LOSS) ON ORDINARY ACTIVITIES BEFORE TAXATION</b>		(3,107)	1,070
Tax on profit on ordinary activities	3	<u>-</u>	<u>(204)</u>
<b>PROFIT / (LOSS) FOR THE FINANCIAL YEAR</b>		(3,107)	866
<b>LESS: Dividends</b>		<u>-</u>	<u>(2,000)</u>
		(3,107)	(1,134)
Retained Profit brought forward		<u>1,647</u>	<u>2,781</u>
<b>RETAINED PROFIT CARRIED FORWARD</b>		<u><u>£ (1,460)</u></u>	<u><u>£ 1,647</u></u>

The notes on page 5 form part of these financial statements.

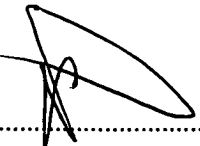
# OM HEALTH AND NUTRITION LTD

## Balance Sheet as at 31 March 2023

	Note	2023		2022	
		£	£	£	£
<b>FIXED ASSETS</b>					
Investment	4		25,000		25,000
<b>CURRENT ASSETS</b>					
Debtors		-	-	-	-
Cash at bank and in hand		50		3,225	
		<u>50</u>		<u>3,225</u>	
<b>CREDITORS: Amounts falling due within one year</b>	5	<u>6,410</u>		<u>6,478</u>	
			<u>(6,360)</u>		<u>(3,253)</u>
<b>NET CURRENT ASSETS</b>			<u>18,640</u>		<u>21,747</u>
<b>CREDITORS: Amounts falling due after more than one year</b>	6		<u>20,000</u>		<u>20,000</u>
<b>NET ASSETS</b>			<u>£ (1,360)</u>		<u>£ 1,747</u>
<b>CAPITAL AND RESERVES</b>					
Called up share capital	7		100		100
Profit and loss account	8		<u>(1,460)</u>		<u>1,647</u>
<b>TOTAL SHAREHOLDERS' FUNDS</b>			<u>£ (1,360)</u>		<u>£ 1,747</u>

- a. For the period ending 31 March 2023 the company was entitled to exemption under section 477(2) of the Companies Act 2006.
- b. The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- c. The director acknowledges his responsibility for:
  - i) ensuring the company keeps accounting records which comply with section 386; and
  - ii) preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year, and of its profit or loss for the financial year, in accordance with the requirements of section 393, and which otherwise comply with the requirements of the Companies Act relating to accounts, so far as applicable to the company.
- d. These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved on 21 September 2023 and signed on its behalf by:

  
 .....  
 Mr Oliver Motisi  
 Director

The notes on page 5 form part of these financial statements.

# OM HEALTH AND NUTRITION LTD

## Notes to the Financial Statements for the year ended 31 March 2023

### 1. ACCOUNTING POLICIES

The financial statements have been prepared under the historical cost convention and are in accordance with applicable accounting standards.

#### Turnover

Turnover represents the total value, excluding value added tax, of sales invoices in the year.

The total turnover of the company for the year has been derived from its principal activity which was undertaken in the UK.

	2023 £	2022 £
<b>2 OPERATING PROFIT</b>		
The Operating Profit is stated after charging:		
Director's remuneration	<u>-</u>	<u>-</u>
<b>3 TAX ON PROFIT ON ORDINARY ACTIVITIES</b>		
The taxation charge comprises:		
UK corporation tax at 19% (2022: 19%)	<u>£ -</u>	<u>£ 204</u>
<b>4 FIXED ASSETS</b>		
Unquoted Investment	<u>£ 25,000</u>	<u>£ 25,000</u>
<b>5 CREDITORS: Amounts falling due within one year</b>		
Corporation tax	-	204
Business loan	-	-
Director's loan account	5,710	5,614
Accruals and deferred income	700	660
	<u>£ 6,410</u>	<u>£ 6,478</u>
<b>6 CREDITORS: Amounts falling due after more than one year</b>		
Other loan	<u>£ 20,000</u>	<u>£ 20,000</u>
<b>7 SHARE CAPITAL</b>		
Allotted, called up and fully paid:		
100 Ordinary shares of £1 each	<u>£ 100</u>	<u>£ 100</u>
<b>8 RECONCILIATION OF MOVEMENTS IN SHAREHOLDERS' FUNDS</b>		
Opening shareholders funds	1,647	2,781
Profit / (Loss) for the year	(3,107)	866
Dividends	-	(2,000)
<b>Closing shareholders' funds</b>	<u>£ (1,460)</u>	<u>£ 1,647</u>
<b>Represented by:</b>		
Equity interests	<u>£ (1,460)</u>	<u>£ 1,647</u>

These notes form part of these financial statements.