



SECRETARIAT

Please complete in typescript,
or in bold black capitals

288a

APPOINTMENT of director or secretary (NOT for resignation (use Form 288b) or change of particulars (use Form 288c))

Company Number 575462

Company Name in full DMH (UK) Limited



* F288AD40 *

Date of appointment Day 15 Month 05 Year 00

†Date of Birth Day 17 Month 08 Year 58

Appointment form

Appointment as director

X

as secretary

Please mark the appropriate box. If appointment is as a director and secretary mark both boxes.

Notes on completion appear on reverse.

NAME

*Style / Title

MR

*Honours etc

Forename(s)

PAUL JONATHAN

Surname

FELTON-SMITH

Previous Forename(s)

Previous Surname(s)

Usual residential address

FOXES FIELD, ARMSTRONG ROAD

Post town

BROCKENHURST

Postcode

SO42 7TA

County / Region

HAMPSHIRE

Country

ENGLAND

†Nationality

BRITISH

†Business occupation

ACCOUNTANT

†Other directorships (additional space overleaf)

SEE CONTINUATION PAGE

I consent to act as ** director / ~~secretary~~ of the above named company

Consent signature

Paul Jonathan Felton-Smith

Date

22.5.00

* Voluntary details.
† Directors only.

A director, secretary etc must sign the form below.

Signed

Fiona Morrison

Date

22.5.00

** Please delete as appropriate.

(** a director / secretary / administrator / administrative receiver / receiver manager / receiver)

Please give the name, address, telephone number and, if available, a DX number and Exchange of the person Companies House should contact if there is any query.

FIONA MORRISON, 167 NEW BOND STREET, LONDON, W1Y 0AR

Tel 020 7316 2850

DX number

DX exchange

When you have completed and signed the form please send it to the Registrar of Companies at:

Companies House, Crown Way, Cardiff, CF4 3UZ

DX 33050 Cardiff

for companies registered in England and Wales or

Companies House, 37 Castle Terrace, Edinburgh, EH1 2EB

for companies registered in Scotland

DX 235 Edinburgh



LD5 *LSOP1QY9* 0029
COMPANIES HOUSE 31/05/00

Company Number 575462

† Directors only.

† Other directorships

LANSDOWNE FINANCIAL MANAGEMENT LIMITED

THE OPTIMUM HEALTH & NUTRITION COMPANY LIMITED

NOTES

Show the full forenames, NOT INITIALS. If the director or secretary is a corporation or Scottish firm, show the name on surname line and registered or principal office on the usual residential line.

Give previous forenames or surname(s) except:
- for a married woman, the name by which she was known before marriage need not be given.

- for names not used since the age of 18 or for at least 20 years

A peer or individual known by a title may state the title instead of or in addition to the forenames and surname and need not give the name by which that person was known before he or she adopted the title or succeeded to it.

Other directorships.

Give the name of every company incorporated in Great Britain of which the person concerned is a director or has been a director at any time in the past five years.

You may exclude a company which either is, or at all times during the past five years when the person concerned was a director, was

- dormant

- a parent company which wholly owned the company making the return, or

- another wholly owned subsidiary of the same parent company.