



Companies House
— for the record —

Please complete in typescript,
or in bold black capitals.

CHFP000

288a

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

Company Number

01321124

Company Name in full

NATURE'S WAY LIMITED

Date of
appointment

Day Month Year
01 10 2008

†Date of
Birth

Day Month Year
18 04 1954

Appointment form

Appointment as director

☒

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)

MARK

Surname

KENDRICK

Previous
Forename(s)

Previous
Surname(s)

303 QUESLETT ROAD, GREAT BARR

Post town

BIRMINGHAM

Postcode

B43 7HB

County / Region

WEST MIDLANDS

Country

ENGLAND

†Nationality

BRITISH

†Business occupation

DIRECTOR

†Other directorships
(additional space overleaf)

Consent signature

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

Date

01.10.2008

A director, ~~secretary~~ etc must sign the form below.

Signed

Date

01.10.2008

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

MR. R. CRADDOCK

HOLLAND & BARRETT RETAIL LTD
SAMUEL RYDER HOUSE
TOWNSEND DRIVE
ATTEBOROUGH FIELDS
NUNEATON
WARWICKSHIRE CV11 8XW

Tel

Tel 02476 244400
Fax 02476 320034

DX number

DX exchange

You do not have to give any contact
information in the box opposite but if you
do, it will help Companies House to
contact you if there is a query on the
form. The contact information is



A14
A1CH3XM
13/10/2008
COMPANIES HOUSE

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

Companies House, Crown Way, Cardiff, CF14 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

Company Number

† Directors only

† Other directorships

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