



Companies House
— for the record —

AR01 (ef)

Annual Return



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Received for filing in Electronic Format on the: **31/12/2012**

Company Name: **HEALTH FROM HERBS LIMITED**

Company Number: **01564852**

Date of this return: **31/12/2012**

SIC codes: **74990**

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

Situation of Registered Office: **SAMUEL RYDER HOUSE BARLING WAY
ELIOT PARK
NUNEATON
WARWICKSHIRE
UNITED KINGDOM
CV10 7RH**

Officers of the company

Company Secretary 1

Type: **Person**

Full forename(s): **ROGER**

Surname: **CRADDOCK**

Former names:

Service Address: **SAMUEL RYDER HOUSE BARLING WAY
ELIOT PARK
NUNEATON
WARWICKSHIRE
UNITED KINGDOM
CV10 7RH**

Company Director ***1***

Type: **Person**

Full forename(s): **PETER HOWARD**

Surname: **ALDIS**

Former names:

Service Address: **SAMUEL RYDER HOUSE BARLING WAY
ELIOT PARK
NUNEATON
WARWICKSHIRE
UNITED KINGDOM
CV10 7RH**

Country/State Usually Resident: **UNITED KINGDOM**

Date of Birth: **17/06/1964** *Nationality:* **IRISH**

Occupation: **CHIEF EXECUTIVE OFFICER**

Company Director 2

Type: **Person**

Full forename(s): **ROGER**

Surname: **CRADDOCK**

Former names:

Service Address: **SAMUEL RYDER HOUSE BARLING WAY
ELIOT PARK
NUNEATON
WARWICKSHIRE
UNITED KINGDOM
CV10 7RH**

Country/State Usually Resident: **UNITED KINGDOM**

Date of Birth: **07/01/1955**

Nationality: **BRITISH**

Occupation: **SOLICITOR**

Company Director **3**

Type: **Person**
Full forename(s): **MRS LYSA MARIA**

Surname: **HARDY**

Former names: **MCINTYRE**

Service Address recorded as Company's registered office

Country/State Usually Resident: **UNITED KINGDOM**

Date of Birth: **02/04/1970** *Nationality:* **BRITISH**

Occupation: **CHIEF MARKETING OFFICER**

Company Director 4

Type: **Person**

Full forename(s): **MARK**

Surname: **KENDRICK**

Former names:

Service Address: **SAMUEL RYDER HOUSE BARLING WAY
ELIOT PARK
NUNEATON
WARWICKSHIRE
UNITED KINGDOM
CV10 7RH**

Country/State Usually Resident: **UNITED KINGDOM**

Date of Birth: **18/04/1954**

Nationality: **BRITISH**

Occupation: **DIRECTOR**

Company Director **5**

Type: **Person**

Full forename(s): **MARTIN PHILIP**

Surname: **MORAN**

Former names:

Service Address: **SAMUEL RYDER HOUSE BARLING WAY
ELIOT PARK
NUNEATON
WARWICKSHIRE
CV10 7RH**

Country/State Usually Resident: **UNITED KINGDOM**

Date of Birth: **14/11/1953** *Nationality:* **IRISH**

Occupation: **DIRECTOR**

Statement of Capital (Share Capital)

Class of shares	ORDINARY	<i>Number allotted</i>	10000
		<i>Aggregate nominal value</i>	10000
<i>Currency</i>	GBP	<i>Amount paid per share</i>	1
		<i>Amount unpaid per share</i>	0
<i>Prescribed particulars</i>			
NOTE 6 NOT APPLICABLE			

Statement of Capital (Totals)

<i>Currency</i>	GBP	<i>Total number of shares</i>	10000
		<i>Total aggregate nominal value</i>	10000

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 31/12/2012 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 : **10000 ORDINARY shares held as at the date of this return**
Name: **HOLLAND & BARRETT HOLDINGS LTD**

Authorisation

Authenticated

This form was authorised by one of the following:

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