

**Pure Health Limited Filleted
Accounts Cover**

Pure Health Limited

Company No. 03317570

Information for Filing with The Registrar

31 December 2022

Pure Health Limited Balance Sheet**Registrar****at 31 December 2022****Company No. 03317570**

	Notes	2022 £	2021 £
Fixed assets			
Intangible assets	4	216	270
Tangible assets	5	2,364	2,955
Investments	6	1	1
		<u>2,581</u>	<u>3,226</u>
Current assets			
Stocks	7	41,570	45,375
Debtors	8	101,753	152,665
Cash at bank and in hand		203,377	185,891
		<u>346,700</u>	<u>383,931</u>
Creditors: Amount falling due within one year	9	(26,934)	(55,325)
Net current assets		<u>319,766</u>	<u>328,606</u>
Total assets less current liabilities		<u>322,347</u>	<u>331,832</u>
Provisions for liabilities			
Deferred taxation		(520)	(359)
Net assets		<u>321,827</u>	<u>331,473</u>
Capital and reserves			
Called up share capital		297	297
Profit and loss account	11	321,530	331,176
Total equity		<u>321,827</u>	<u>331,473</u>

These accounts have been prepared in accordance with the special provisions applicable to companies subject to the small companies regime of the Companies Act 2006.

For the year ended 31 December 2022 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

As permitted by section 444 (5A) of the Companies Act 2006 the directors have not delivered to the Registrar a copy of the company's profit and loss account.

Approved by the board on 16 August 2023

And signed on its behalf by:

M.J. Powell

Director

16 August 2023

**Pure Health Limited Notes to the
Accounts Registrar
for the year ended 31 December 2022**

1 General information

Its registered number is: 03317570

Its registered office is:

Gemini House
140 Old Shoreham Road
Hove
BN3 7BD

The accounts have been prepared in accordance with FRS 102 Section 1A - The Financial Reporting Standard applicable in the UK and Republic of Ireland (March 2018) and the Companies Act 2006.

2 Accounting policies

Turnover

Turnover is measured at the fair value of the consideration received or receivable. Turnover is reduced for estimated customer returns, rebates and other similar allowances.

Revenue from the sale of goods is recognised when all the following conditions are satisfied:

- the Company has transferred to the buyer the significant risks and rewards of ownership of the goods;
 - the Company retains neither continuing managerial involvement to the degree usually associated with ownership nor effective control over the goods sold;
 - the amount of revenue can be measured reliably;
 - it is probable that the economic benefits associated with the transaction will flow to the Company;
- and
- the costs incurred or to be incurred in respect of the transaction can be measured reliably.

Specifically, revenue from the sale of goods is recognised when goods are delivered and legal title is passed.

Intangible fixed assets

Intangible fixed assets are carried at cost less accumulated amortisation and impairment losses.

Tangible fixed assets and depreciation

Tangible fixed assets held for the company's own use are stated at cost less accumulated depreciation and accumulated impairment losses.

At each balance sheet date, the company reviews the carrying amount of its tangible fixed assets to determine whether there is any indication that any items have suffered an impairment loss. If any such indication exists, the recoverable amount of an asset is estimated in order to determine the extent of the impairment loss.

Depreciation is provided at the following annual rates in order to write off the cost or valuation less the estimated residual value of each asset over its estimated useful life:

Plant and machinery	20% Reducing balance
Furniture, fittings and equipment	20% Reducing balance

Taxation

Income tax expense represents the sum of the tax currently payable and deferred tax.

The tax currently payable is based on taxable profit for the year. Taxable profit differs from profit as reported in the profit and loss account because of items of income or expense that are taxable or deductible in other years and items that are never taxable or deductible. The Company's liability for current tax is calculated using tax rates that have been enacted or substantively enacted by the end of the reporting period.

Deferred tax is recognised on timing differences between the carrying amounts of assets and liabilities in the financial statements and the corresponding tax bases used in the computation of taxable profit. Deferred tax liabilities are generally recognised for all taxable temporary differences. Deferred tax assets are generally recognised for all deductible timing differences to the extent that it is probable that taxable profits will be available against which those deductible temporary differences can be utilised. The carrying amount of deferred tax assets is reviewed at the end of each reporting period and reduced to the extent that it is no longer probable that sufficient taxable profits will be available to allow all or part of the asset to be recovered.

Deferred tax assets and liabilities are measured at the tax rates that are expected to apply in the period in which the liability is settled or the asset realised, based on tax rates (and tax laws) that have been enacted or substantively enacted by the end of the reporting period.

Current or deferred tax for the year is recognised in profit or loss, except when they relate to items that are recognised in other comprehensive income or directly in equity, in which case, the current and deferred tax is also recognised in other comprehensive income or directly in equity respectively.

Investments

Unlisted investments (except those held as subsidiaries, associates or joint ventures) are recognised initially at fair value less attributable transaction costs. Subsequent to initial recognition, any changes in fair value are recognised in profit and loss.

Stocks

Stocks are stated at the lower of cost and estimated selling price less costs to complete and sell. Costs, which comprise direct production costs, are based on the method most appropriate to the type of inventory class, but usually on a first-in-first-out basis. Overheads are charged to profit or loss as incurred. Net realisable value is based on the estimated selling price less any estimated completion or selling costs.

When stocks are sold, the carrying amount of those stocks is recognised as an expense in the period in which the related revenue is recognised. The amount of any write-down of stocks to net realisable value and all losses of stocks are recognised as an expense in the period in which the write-down or loss occurs. The amount of any reversal of any write-down of stocks is recognised as a reduction in the amount of inventories recognised as an expense in the period in which the reversal occurs.

Work in progress is reflected in the accounts on a contract by contract basis by recording revenue and related costs as contract activity progresses.

Trade and other debtors

Trade and other debtors are initially recognised at fair value and thereafter stated at amortised cost using the effective interest method, less impairment losses for bad and doubtful debts.

Trade and other creditors

Short term creditors are measured at the transaction price. Other financial liabilities, including bank loans, are measured initially at fair value, net of transaction costs, and are measured subsequently at amortised cost using the effective interest method.

Foreign currencies

The functional and presentational currency of the company is Sterling. The accounts are rounded to the nearest pound.

Transactions in currencies, other than the functional currency of the Company, are recorded at the rate of exchange on the date the transaction occurred. Monetary items denominated in other currencies are translated at the rate prevailing at the end of the reporting period. All differences are taken to the profit and loss account. Non-monetary items that are measured at historic cost in a foreign currency are not retranslated.

Defined contribution pensions

The Company operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the company pays fixed contributions into a separate entity. Once the contributions have been paid the company has no further payments obligations.

The contributions are recognised as expenses when they fall due. Amounts not paid are shown in accruals in the balance sheet. The assets of the plan are held separately from the company in independently administered funds.

Provisions

Provisions are made where an event has taken place that gives the Company a legal or constructive obligation that probably requires settlement by a transfer of economic benefit, and a reliable estimate can be made of the amount of the obligation.

Provisions are charged as an expense to the profit and loss account in the year that the Company becomes aware of the obligation, and are measured at the best estimate at balance sheet date of the expenditure required to settle the obligation, taking into account relevant risks and uncertainties.

When payments are eventually made, they are charged to the provision carried in the balance sheet.

3 Employees

	2022	2021
	Number	Number
The average monthly number of employees (including directors) during the year was:	4	5

4 Intangible fixed assets

	Patents and trade-marks £	Development costs £	Total £
Cost			
At 1 January 2022	6,000	13,371	19,371
At 31 December 2022	6,000	13,371	19,371
Amortisation and impairment			
At 1 January 2022	6,000	13,101	19,101
Charge for the year	-	54	54
At 31 December 2022	6,000	13,155	19,155
Net book values			
At 31 December 2022	-	216	216
At 31 December 2021	-	270	270

5 Tangible fixed assets

	Plant and machinery £	Fixtures, fittings and equipment £	Total £
Cost or revaluation			
At 1 January 2022	23,195	14,475	37,670
At 31 December 2022	23,195	14,475	37,670
Depreciation			
At 1 January 2022	20,761	13,954	34,715
Charge for the year	487	104	591
At 31 December 2022	21,248	14,058	35,306
Net book values			
At 31 December 2022	1,947	417	2,364
At 31 December 2021	2,434	521	2,955

6 Investments

	Investment in Subsidiaries £	Total £
Cost or valuation		
At 1 January 2022	1	1
At 31 December 2022	1	1
Provisions/Impairment		
Net book values		
At 31 December 2022	1	1
At 31 December 2021	1	1

7 Stocks

	2022	2021
	£	£
Finished goods	41,570	45,375
	<u>41,570</u>	<u>45,375</u>

8 Debtors

	2022	2021
	£	£
Trade debtors	100,870	52,575
Amounts owed by group undertakings	-	100,000
Other debtors	883	90
	<u>101,753</u>	<u>152,665</u>

9 Creditors:

amounts falling due within one year

	2022	2021
	£	£
Bank loans and overdrafts	215	736
Trade creditors	12,814	33,622
Taxes and social security	12,013	19,074
Other creditors	140	140
Accruals and deferred income	1,752	1,753
	<u>26,934</u>	<u>55,325</u>

10 Share Capital

Fully paid 110 ordinary shares of £1.00 each.

11 Reserves

Profit and loss account - includes all current and prior period retained profits and losses.

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.