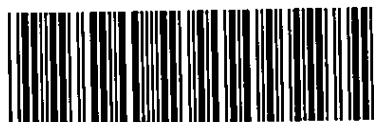


COMPANY REGISTRATION NUMBER 3850471

**The Healthy Bowels Company Limited**  
**Unaudited Abbreviated Accounts**  
**For the Year Ended**  
**31 December 2008**

WEDNESDAY



PC1      21/10/2009      1021  
COMPANIES HOUSE

**HW**  
Chartered Accountants  
Sterling House  
71 Francis Road  
Edgbaston  
Birmingham  
B16 8SP

# The Healthy Bowels Company Limited

## Abbreviated Balance Sheet

31 December 2008

	Note	2008 £	2007 £
<b>Fixed Assets</b>	<b>2</b>		
Tangible assets		31,970	36,055
<b>Current Assets</b>			
Stocks		250,488	196,270
Debtors		462,850	450,075
Cash at bank and in hand		93	109
		<u>713,431</u>	<u>646,454</u>
<b>Creditors: Amounts Falling due Within One Year</b>	<b>3</b>	<b>736,380</b>	<b>683,314</b>
<b>Net Current Liabilities</b>		<b>(22,949)</b>	<b>(36,860)</b>
<b>Total Assets Less Current Liabilities</b>		<b>9,021</b>	<b>(805)</b>
<b>Provisions for Liabilities</b>		<b>3,480</b>	<b>3,163</b>
		<u><b>5,541</b></u>	<u><b>(3,968)</b></u>
<b>Capital and Reserves</b>			
Called-up equity share capital	<b>5</b>	<b>1,000</b>	<b>1,000</b>
Profit and loss account		<b>4,541</b>	<b>(4,968)</b>
<b>Shareholders' Funds/(Deficit)</b>		<u><b>5,541</b></u>	<u><b>(3,968)</b></u>

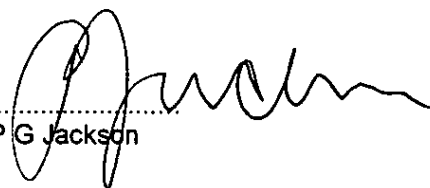
The directors are satisfied that the company is entitled to exemption from the provisions of the Companies Act 1985 (the Act) relating to the audit of the financial statements for the year by virtue of section 249A(1), and that no member or members have requested an audit pursuant to section 249B(2) of the Act.

The directors acknowledge their responsibilities for:

- (i) ensuring that the company keeps proper accounting records which comply with section 221 of the Act, and
- (ii) preparing financial statements 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 226, and which otherwise comply with the requirements of the Act relating to financial statements, so far as applicable to the company.

These abbreviated accounts have been prepared in accordance with the special provisions for small companies under Part VII of the Companies Act 1985.

These abbreviated accounts were approved by the directors and authorised for issue on 12.12.09, and are signed on their behalf by:

  
P G Jackson

The notes on pages 2 to 4 form part of these abbreviated accounts.

# **The Healthy Bowels Company Limited**

## **Notes to the Abbreviated Accounts**

**Year Ended 31 December 2008**

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### **1. Accounting Policies**

#### **Basis of Accounting**

The financial statements have been prepared under the historical cost convention, and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2007).

#### **Cash Flow Statement**

The company has taken advantage of the exemptions in Financial Reporting Standard No. 1 from the requirement to produce a cash flow statement on the grounds that it is a small company.

#### **Turnover**

The turnover shown in the profit and loss account represents amounts invoiced during the year, exclusive of Value Added Tax.

In respect of long-term contracts and contracts for on-going services, turnover represents the value of work done in the year, including estimates of amounts not invoiced. Turnover in respect of long-term contracts and contracts for on-going services is recognised by reference to the stage of completion.

#### **Fixed Assets**

All fixed assets are initially recorded at cost.

#### **Depreciation**

Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Plant & Machinery	- 15% reducing balance
Equipment Fixtures & Fittings	- 15% reducing balance

#### **Stocks**

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

#### **Hire Purchase Agreements**

Assets held under hire purchase agreements are capitalised and disclosed under tangible fixed assets at their fair value. The capital element of the future payments is treated as a liability and the interest is charged to the profit and loss account on a straight line basis.

#### **Operating Lease Agreements**

Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remain with the lessor are charged against profits on a straight line basis over the period of the lease.

#### **Deferred Taxation**

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date where transactions or events have occurred at that date that will result in an obligation to pay more, or a right to pay less or to receive more tax, with the following exceptions:

# The Healthy Bowels Company Limited

## Notes to the Abbreviated Accounts

Year Ended 31 December 2008

### 1. Accounting Policies *(continued)*

Provision is made for tax on gains arising from the revaluation (and similar fair value adjustments) of fixed assets, and gains on disposal of fixed assets that have been rolled over into replacement assets, only to the extent that, at the balance sheet date, there is a binding agreement to dispose of the assets concerned. However, no provision is made where, on the basis of all available evidence at the balance sheet date, it is more likely than not that the taxable gain will be rolled over into replacement assets and charged to tax only where the replacement assets are sold.

Deferred tax assets are recognised only to the extent that the directors consider that it is more likely than not that there will be suitable taxable profits from which the future reversal of the underlying timing differences can be deducted.

Deferred tax is measured on an undiscounted basis at the tax rates that are expected to apply in the periods in which timing differences reverse, based on tax rates and laws enacted or substantively enacted at the balance sheet date.

#### Foreign Currencies

Assets and liabilities in foreign currencies are translated into sterling at the rates of exchange ruling at the balance sheet date. Transactions in foreign currencies are translated into sterling at the rate of exchange ruling at the date of the transaction. Exchange differences are taken into account in arriving at the operating profit.

#### Financial Instruments

Financial instruments are classified and accounted for, according to the substance of the contractual arrangement, as either financial assets, financial liabilities or equity instruments. An equity instrument is any contract that evidences a residual interest in the assets of the company after deducting all of its liabilities.

### 2. Fixed Assets

	<b>Tangible Assets £</b>
<b>Cost</b>	
At 1 January 2008	<b>81,067</b>
Additions	<b>1,557</b>
<b>At 31 December 2008</b>	<b><u>82,624</u></b>
<b>Depreciation</b>	
At 1 January 2008	<b>45,012</b>
Charge for year	<b>5,642</b>
<b>At 31 December 2008</b>	<b><u>50,654</u></b>
<b>Net Book Value</b>	
<b>At 31 December 2008</b>	<b><u>31,970</u></b>
At 31 December 2007	<b><u>36,055</u></b>

# The Healthy Bowels Company Limited

## Notes to the Abbreviated Accounts

Year Ended 31 December 2008

### 3. Creditors: Amounts Falling due Within One Year

The following liabilities disclosed under creditors falling due within one year are secured by the company:

	2008	2007
	£	£
Bank loans and overdrafts	231,319	215,445
Other creditors including taxation and social security	220,784	221,899
	<u>452,103</u>	<u>437,344</u>

The bank loan and the factoring account are both secured by a debenture including a fixed charge over all present fixed assets of the company.

### 4. Transactions With the Directors

During the year a loan existed between Mr P Jackson and the company. The amounts owed to the company from Mr Jackson were as follows: beginning of the year £32,566; end of the year £67,833; maximum during the year £67,833. A dividend of £50,000 was voted on 01/09/09 to clear part of the directors loan account.

### 5. Share Capital

#### Authorised share capital:

	2008	2007
	£	£
10,000 Ordinary shares of £1 each	<u>10,000</u>	<u>10,000</u>

#### Allotted, called up and fully paid:

	2008		2007	
	No	£	No	£
Ordinary shares of £1 each	<u>1,000</u>	<u>1,000</u>	<u>1,000</u>	<u>1,000</u>