

COMPANY REGISTRATION NUMBER 04103694

**ABSOLUTELY NATURAL LIMITED**  
**ABBREVIATED ACCOUNTS**  
**FOR**  
**31 MARCH 2011**

THURSDAY



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02/02/2012  
COMPANIES HOUSE

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# **ABSOLUTELY NATURAL LIMITED**

## **ABBREVIATED ACCOUNTS**

**YEAR ENDED 31 MARCH 2011**

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# ABSOLUTELY NATURAL LIMITED

## ABBREVIATED BALANCE SHEET

31 MARCH 2011

	Note	2011 £	2010 £
<b>FIXED ASSETS</b>	<b>2</b>		
Tangible assets		-	-
<b>CURRENT ASSETS</b>			
Stocks		-	7,255
Debtors		3,353	3,689
Cash at bank and in hand		-	5,351
		<u>3,353</u>	<u>16,295</u>
<b>CREDITORS: Amounts falling due within one year</b>		<u>3,340</u>	<u>15,419</u>
<b>NET CURRENT ASSETS</b>		<u>13</u>	<u>876</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>13</u>	<u>876</u>
<b>CAPITAL AND RESERVES</b>			
Called-up equity share capital	<b>3</b>	2	2
Profit and loss account		<u>11</u>	<u>874</u>
<b>SHAREHOLDERS' FUNDS</b>		<u>13</u>	<u>876</u>

The director is satisfied that the company is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the financial statements for the year by virtue of section 477, and that no member or members have requested an audit pursuant to section 476 of the Act

The director acknowledges her responsibility for

- (i) ensuring that the company keeps adequate accounting records which comply with section 386 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 393, 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 15 of the Companies Act 2006

These abbreviated accounts were approved and signed by the director and authorised for issue on 29 December 2011

H BENSON  
Director



Company Registration Number 04103694

The notes on pages 2 to 3 form part of these abbreviated accounts

**ABSOLUTELY NATURAL LIMITED**  
**NOTES TO THE ABBREVIATED ACCOUNTS**  
**YEAR ENDED 31 MARCH 2011**

**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 April 2008)

**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	-	25 % on cost
Fixtures & Fittings	-	25 % on cost
Office equipment	-	25 % on cost

**Stocks**

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

**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

**ABSOLUTELY NATURAL LIMITED**  
**NOTES TO THE ABBREVIATED ACCOUNTS**  
**YEAR ENDED 31 MARCH 2011**

**2. FIXED ASSETS**

	<b>Tangible Assets £</b>
<b>COST</b>	
At 1 April 2010 and 31 March 2011	<u><b>15,616</b></u>
<b>DEPRECIATION</b>	
At 1 April 2010	<u><b>15,616</b></u>
At 31 March 2011	<u><b>15,616</b></u>
<b>NET BOOK VALUE</b>	
At 31 March 2011	<u><b>-</b></u>
At 31 March 2010	<u><b>-</b></u>

**3. SHARE CAPITAL**

**Authorised share capital:**

	<b>2011 £</b>	<b>2010 £</b>
1,000 Ordinary shares of £1 each	<u><b>1,000</b></u>	<u><b>1,000</b></u>

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

	<b>2011 No</b>	<b>£</b>	<b>2010 No</b>	<b>£</b>
2 Ordinary shares of £1 each	<u><b>2</b></u>	<u><b>2</b></u>	<u><b>2</b></u>	<u><b>2</b></u>