



**Companies House**  
— for the record —

**AR01** (ef)

**Annual Return**



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*Company Name:* **INSIDE OUT NUTRITION LIMITED**

*Company Number:* **04826928**

*Date of this return:* **09/07/2011**

*SIC codes:* **7487**

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

*Situation of Registered Office:* **88 KENSINGTON CHURCH STREET  
LONDON  
W8 4BU**

**Officers of the company**

## *Company Secretary 1*

*Type:* **Person**  
*Full forename(s):* **VICTORIA LOUISE**

*Surname:* **KELL**

*Former names:*

*Service Address:* **88 KENSINGTON CHURCH STREET  
LONDON  
GREATER LONDON  
W8 4BU**

*Company Director*    **1**

*Type:*                      **Person**

*Full forename(s):*        **VICTORIA LOUISE**

*Surname:*                **KELL**

*Former names:*

*Service Address:*        **88 KENSINGTON CHURCH STREET  
LONDON  
GREATER LONDON  
W8 4BU**

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

*Date of Birth:*    **14/06/1966**                      *Nationality:*    **BRITISH**

*Occupation:*    **NUTRITIONAL THERAPIST**

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*Company Director* 2

*Type:* **Person**

*Full forename(s):* **JAMES ANTHONY**

*Surname:* **O'NEILL**

*Former names:*

*Service Address:* **88 KENSINGTON CHURCH STREET  
LONDON  
GREATER LONDON  
W8 4BU**

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

*Date of Birth:* **19/06/1965**

*Nationality:* **BRITISH**

*Occupation:* **BANKER**

## Statement of Capital (Share Capital)

<b>Class of shares</b>	<b>ORDINARY</b>	<i>Number allotted</i>	<b>1</b>
		<i>Aggregate nominal value</i>	<b>1</b>
<i>Currency</i>	<b>GBP</b>	<i>Amount paid per share</i>	<b>0</b>
		<i>Amount unpaid per share</i>	<b>0</b>

### *Prescribed particulars*

(A) PARTICULARS OF ANY VOTING RIGHTS, INCLUDING RIGHTS THAT ARISE ONLY IN CERTAIN CIRCUMSTANCES; (B) PARTICULARS OF ANY RIGHTS, AS RESPECTS DIVIDENDS, TO PARTICIPATE IN A DISTRIBUTION; (C) PARTICULARS OF ANY RIGHTS, AS RESPECTS CAPITAL, TO PARTICIPATE IN A DISTRIBUTION (INCLUDING ON WINDING UP); AND (D) WHETHER THE SHARES ARE TO BE REDEEMED OR ARE LIABLE TO BE REDEEMED AT THE OPTION OF THE COMPANY OR THE SHAREHOLDER AND ANY TERMS OR CONDITIONS RELATING TO REDEMPTION OF THESE SHARES.

## Statement of Capital (Totals)

<i>Currency</i>	<b>GBP</b>	<i>Total number of shares</i>	<b>1</b>
		<i>Total aggregate nominal value</i>	<b>1</b>

### *Full Details of Shareholders*

The details below relate to individuals / corporate bodies that were shareholders as at 09/07/2011 or that had ceased to be shareholders since the made up date of the previous Annual Return

*A full list of shareholders for a private or non-traded public company are shown below*

*Shareholding 1* : 1 ORDINARY shares held as at 2011-07-09

*Name:* VICTORIA KELL

*Name:* JAMES O'NEILL

### *Authorisation*

*Authenticated*

*This form was authorised by one of the following:*

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