

**Return of Allotment of Shares**Company Name: **100% NATURAL FOODS LIMITED**Company Number: **07406778**Received for filing in Electronic Format on the: **15/05/2019**

X85J4SNG

Shares Allotted (including bonus shares)

Date or period during which
shares are allotted

From
14/05/2019

Class of Shares: ORDINARYCurrency: **GBP**Number allotted **9179**Nominal value of each share **0.01**Amount paid: **21.734**Amount unpaid: **0**

No shares allotted other than for cash

Statement of Capital (Share Capital)

Class of Shares:	ORDINARY	Number allotted	20673
Currency:	GBP	Aggregate nominal value:	206.73

Prescribed particulars

FULL RIGHTS TO RECEIVE NOTICE OF, ATTEND AND VOTE AT GENERAL MEETINGS.
1 SHARE CARRIES 1 VOTE, AND FULL RIGHTS TO DIVIDENDS AND DISTRIBUTIONS
(INCLUDING UPON WINDING UP).

Statement of Capital (Totals)

Currency:	GBP	Total number of shares:	20673
		Total aggregate nominal value:	206.73
		Total aggregate amount unpaid:	0

Authorisation

Authenticated

This form was authorised by one of the following:

Director, Secretary, Person Authorised, Administrator, Administrative Receiver, Receiver, Receiver Manager, CIC Manager.