

Registered Number 07483317

BODY 1ST NUTRITION LTD

Abbreviated Accounts

31 January 2016

Abbreviated Balance Sheet as at 31 January 2016

	<i>Notes</i>	<i>2016</i>	<i>2015</i>
		£	£
Fixed assets			
Tangible assets	2	9,497	7,363
		<u>9,497</u>	<u>7,363</u>
Current assets			
Stocks		20,450	15,250
Cash at bank and in hand		2,036	573
		<u>22,486</u>	<u>15,823</u>
Creditors: amounts falling due within one year		<u>(39,980)</u>	<u>(25,950)</u>
Net current assets (liabilities)		<u>(17,494)</u>	<u>(10,127)</u>
Total assets less current liabilities		<u>(7,997)</u>	<u>(2,764)</u>
Total net assets (liabilities)		<u>(7,997)</u>	<u>(2,764)</u>
Capital and reserves			
Called up share capital		2	2
Profit and loss account		(7,999)	(2,766)
Shareholders' funds		<u>(7,997)</u>	<u>(2,764)</u>

- For the year ending 31 January 2016 the company was entitled to exemption 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 Act with respect to accounting records and the preparation of accounts.
- These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the Board on 16 December 2016

And signed on their behalf by:

Astab Ali, Director

Notes to the Abbreviated Accounts for the period ended 31 January 2016**1 Accounting Policies****Basis of measurement and preparation of accounts**

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities effective April 2008.

2 Tangible fixed assets

	£
Cost	
At 1 February 2015	7,363
Additions	2,134
Disposals	-
Revaluations	-
Transfers	-
At 31 January 2016	<u>9,497</u>
Depreciation	
At 1 February 2015	-
Charge for the year	-
On disposals	-
At 31 January 2016	<u>-</u>
Net book values	
At 31 January 2016	<u>9,497</u>
At 31 January 2015	<u>7,363</u>

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