

Company Registration No. 07675219 (England and Wales)

NATURAL OPTIONS NUTRITION LIMITED
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2016
PAGES FOR FILING WITH REGISTRAR

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NATURAL OPTIONS NUTRITION LIMITED

COMPANY INFORMATION

Director	Mr G I Butler
Secretary	Mrs J Lowndes
Company number	07675219
Registered office	Imperial House Butts Close Thornton Cleveleys FY5 4HT
Accountants	Pierce C A Limited Mentor House Ainsworth Street Blackburn Lancashire BB1 6AY
Business address	Imperial House Butts Close Thornton Cleveleys FY5 4HT
Bankers	Barclays Bank plc 2-4 Birley Street Blackpool Lancashire FY1 1DU

NATURAL OPTIONS NUTRITION LIMITED

CONTENTS

	Page
Balance sheet	1 - 2
Notes to the financial statements	4 - 7

NATURAL OPTIONS NUTRITION LIMITED

BALANCE SHEET

AS AT 31 DECEMBER 2016

	Notes	2016 £	£	2015 £	£
Fixed assets					
Tangible assets	3		6,585		10,328
Current assets					
Stocks		29,397		52,462	
Debtors	4	277,989		268,870	
Cash at bank and in hand		35,431		5,917	
		<u>342,817</u>		<u>327,249</u>	
Creditors: amounts falling due within one year	5	<u>(182,492)</u>		<u>(170,888)</u>	
Net current assets			160,325		156,361
Total assets less current liabilities			<u>166,910</u>		<u>166,689</u>
Provisions for liabilities			(1,317)		(2,066)
Net assets			<u>165,593</u>		<u>164,623</u>
Capital and reserves					
Called up share capital	6		1		1
Profit and loss reserves			165,592		164,622
Total equity			<u>165,593</u>		<u>164,623</u>

The director of the company have elected not to include a copy of the profit and loss account within the financial statements.

For the financial year ended 31 December 2016 the company was entitled to exemption from audit under section 477 of the Companies Act 2006.

The director acknowledges his responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

The member has not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

These financial statements have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies' regime.

The financial statements were approved and signed by the director and authorised for issue on 5 July 2017



Mr G I Butler
Director

NATURAL OPTIONS NUTRITION LIMITED

BALANCE SHEET (CONTINUED)

AS AT 31 DECEMBER 2016

Company Registration No. 07675219

NATURAL OPTIONS NUTRITION LIMITED

STATEMENT OF CHANGES IN EQUITY

FOR THE YEAR ENDED 31 DECEMBER 2016

	Notes	Share capital £	Profit and loss reserves £	Total £
Balance at 1 January 2015		1	156,601	156,602
Year ended 31 December 2015:				
Profit and total comprehensive income for the year		-	53,021	53,021
Dividends		-	(45,000)	(45,000)
Balance at 31 December 2015		1	164,622	164,623
Year ended 31 December 2016:				
Profit and total comprehensive income for the year		-	25,970	25,970
Dividends		-	(25,000)	(25,000)
Balance at 31 December 2016		1	165,592	165,593

NATURAL OPTIONS NUTRITION LIMITED

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2016

1 Accounting policies

Company information

Natural Options Nutrition Limited is a private company limited by shares incorporated in England and Wales. The registered office is Imperial House, Butts Close, Thornton, Cleveleys, FY5 4HT.

1.1 Accounting convention

These financial statements have been prepared in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the requirements of the Companies Act 2006 as applicable to companies subject to the small companies regime. The disclosure requirements of section 1A of FRS 102 have been applied other than where additional disclosure is required to show a true and fair view.

The financial statements are prepared in sterling, which is the functional currency of the company. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

These financial statements for the year ended 31 December 2016 are the first financial statements of Natural Options Nutrition Limited prepared in accordance with FRS 102, The Financial Reporting Standard applicable in the UK and Republic of Ireland. The date of transition to FRS 102 was 1 January 2015. The reported financial position and financial performance for the previous period are not affected by the transition to FRS 102.

1.2 Going concern

The director is not aware of any material uncertainties affecting the company and considers that the company will have sufficient resources to continue trading for the foreseeable future. As a result the director has continued to adopt the going concern basis in preparing the financial statements.

1.3 Turnover

Turnover represents amounts receivable for goods and services net of VAT.

1.4 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Land and buildings Leasehold	20% per annum - straight line
Plant and machinery	10% per annum - straight line
Fixtures, fittings & equipment	20% per annum - straight line
Computer equipment	33.33% per annum - straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is credited or charged to profit or loss.

NATURAL OPTIONS NUTRITION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2016

1 Accounting policies

(Continued)

1.5 Impairment of fixed assets

At each reporting period end date, the company reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any). Where it is not possible to estimate the recoverable amount of an individual asset, the company estimates the recoverable amount of the cash-generating unit to which the asset belongs.

1.6 Stocks

Stocks are stated at the lower of cost and estimated selling price less costs to complete and sell. Cost comprises direct materials and, where applicable, direct labour costs and those overheads that have been incurred in bringing the stocks to their present location and condition.

At each reporting date, an assessment is made for impairment. Any excess of the carrying amount of stocks over its estimated selling price less costs to complete and sell is recognised as an impairment loss in profit or loss. Reversals of impairment losses are also recognised in profit or loss.

1.7 Financial instruments

The company has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the company's balance sheet when the company becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

1.8 Equity instruments

Equity instruments issued by the company are recorded at the proceeds received, net of direct issue costs. Dividends payable on equity instruments are recognised as liabilities once they are no longer at the discretion of the company.

1.9 Taxation

The tax expense represents the sum of the tax currently payable and deferred tax.

Current tax

The tax currently payable is based on taxable profit for the year. Taxable profit differs from net profit as reported in the profit and loss account because it excludes items of income or expense that are taxable or deductible in other years and it further excludes items that are never taxable or deductible. The company's liability for current tax is calculated using tax rates that have been enacted or substantively enacted by the reporting end date.

Deferred tax

Deferred tax liabilities are generally recognised for all timing differences and deferred tax assets are recognised to the extent that it is probable that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits. Such assets and liabilities are not recognised if the timing difference arises from goodwill or from the initial recognition of other assets and liabilities in a transaction that affects neither the tax profit nor the accounting profit.

NATURAL OPTIONS NUTRITION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2016

1 Accounting policies

(Continued)

1.10 Employee benefits

The costs of short-term employee benefits are recognised as a liability and an expense, unless those costs are required to be recognised as part of the cost of stock or fixed assets.

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the company is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.11 Leases

Rentals payable under operating leases, including any lease incentives received, are charged to income on a straight line basis over the term of the relevant lease except where another more systematic basis is more representative of the time pattern in which economic benefits from the lease asset are consumed.

2 Employees

The average monthly number of persons (including directors) employed by the company during the year was 1 (2015 - 1).

3 Tangible fixed assets

	Land and buildings	Plant and machinery etc	Total
	£	£	£
Cost			
At 1 January 2016 and 31 December 2016	8,800	9,307	18,107
Depreciation and impairment			
At 1 January 2016	4,020	3,759	7,779
Depreciation charged in the year	1,760	1,983	3,743
At 31 December 2016	5,780	5,742	11,522
Carrying amount			
At 31 December 2016	3,020	3,565	6,585
At 31 December 2015	4,780	5,548	10,328

4 Debtors

	2016	2015
	£	£
Amounts falling due within one year:		
Trade debtors	27,121	40,267
Amounts due from group undertakings	194,057	186,443
Other debtors	56,811	42,160
	<u>277,989</u>	<u>268,870</u>

NATURAL OPTIONS NUTRITION LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2016

5 Creditors: amounts falling due within one year

	2016 £	2015 £
Bank loans and overdrafts	-	23
Trade creditors	14,903	29,362
Amounts due to group undertakings	156,845	131,017
Corporation tax	9,245	8,986
Other creditors	1,499	1,500
	<u>182,492</u>	<u>170,888</u>

6 Called up share capital

	2016 £	2015 £
Ordinary share capital		
Issued and not fully paid		
1 Ordinary share of £1 each	<u>1</u>	<u>1</u>

7 Financial commitments, guarantees and contingent liabilities

During the financial year the company cross-guaranteed a bank loan provided to its parent company GBR Holdco Limited by way of a charge over all its assets.

At 31 December 2016 the outstanding balance in respect of this loan amounted to £199,317 (2015: £249,666).

8 Parent company

The ultimate parent company is GBR Holdco Limited, a company registered in England & Wales.