



Companies House
— for the record —

AR01 (ef)

Annual Return



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Company Name: **HENCH NUTRITION LTD**

Company Number: **07830581**

Date of this return: **01/11/2013**

SIC codes: **10890**

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

Situation of Registered Office: **THE ACORNS LOW ROAD
NORTH TUDDENHAM
DEREHAM
NORFOLK
ENGLAND
NR20 3DH**

Officers of the company

Company Director ***1***

Type: **Person**

Full forename(s): **MR JOHN PAUL**

Surname: **HORWELL**

Former names:

Service Address: **THE ACORNS LOW ROAD
NORTH TUDDENHAM
DEREHAM
NORFOLK
UNITED KINGDOM
NR20 3DH**

Country/State Usually Resident: **ENGLAND**

Date of Birth: **14/11/1989** *Nationality:* **ENGLISH**

Occupation: **MANAGING DIRECTOR**

Statement of Capital (Share Capital)

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

Prescribed particulars

ONE SHARE EQUALS ONE VOTE, EACH HAVING RIGHTS TO DIVIDENDS. SO LONG AS THERE ARE NO RIGHTS ATTACHED TO SHARES ON WINDING-UP ETC OR REDEMPTION RIGHTS.

Statement of Capital (Totals)

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

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 01/11/2013 or that had ceased to be shareholders since the made up date of the previous Annual Return

A full list of shareholders for the company are shown below

Shareholding 1 : 1 ORD shares held as at the date of this return
Name: JOHN PAUL HORWELL

Authorisation

Authenticated

This form was authorised by one of the following:

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