

Registered Number 07830581

HENCH NUTRITION LTD

Abbreviated Accounts

30 November 2015

Abbreviated Balance Sheet as at 30 November 2015

	<i>Notes</i>	<i>2015</i>	<i>2014</i>
		£	£
Called up share capital not paid		-	-
Fixed assets			
Intangible assets	2	252	294
Tangible assets	3	62,801	57,870
Investments		-	-
		<u>63,053</u>	<u>58,164</u>
Current assets			
Stocks		92,449	100,075
Debtors	4	57,198	8,584
Investments		-	-
Cash at bank and in hand		62,338	107,019
		<u>211,985</u>	<u>215,678</u>
Prepayments and accrued income		-	-
Creditors: amounts falling due within one year	5	(153,081)	(112,424)
Net current assets (liabilities)		<u>58,904</u>	<u>103,254</u>
Total assets less current liabilities		<u>121,957</u>	<u>161,418</u>
Creditors: amounts falling due after more than one year	5	0	(15,000)
Provisions for liabilities		0	0
Accruals and deferred income		0	0
Total net assets (liabilities)		<u>121,957</u>	<u>146,418</u>
Capital and reserves			
Called up share capital		1	1
Share premium account		0	0
Revaluation reserve		0	0
Other reserves		0	0
Profit and loss account		121,956	146,417
Shareholders' funds		<u>121,957</u>	<u>146,418</u>

- For the year ending 30 November 2015 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 28 September 2016

And signed on their behalf by:

J Horwell, Director

Notes to the Abbreviated Accounts for the period ended 30 November 2015**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.

Turnover policy

Turnover represents the value, net of value added tax and discounts, of goods provided to customers and work carried out in respect of services provided to customers.

Tangible assets depreciation policy

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives.

Plant and machinery 20% straight line

Other accounting policies**Stock**

Stock is valued at the lower of cost and net realisable value.

Deferred Taxation

Full provision is made for deferred taxation resulting from timing differences between the recognition of gains and losses in the accounts and their recognition for tax purposes. Deferred taxation is calculated on an un-discounted basis at the tax rates which are expected to apply in the periods when the timing differences will reverse.

Foreign Currencies

Transactions in foreign currencies are recorded at the rate ruling at the date of the transaction.

Monetary assets and liabilities denominated in foreign currencies are translated at the rate of exchange ruling at the balance sheet date. All differences are taken to the profit and loss account.

Assets held under finance leases and hire purchase contracts, which are those where substantially all the risks and rewards of ownership of the asset have passed to the company, are capitalised in the balance sheet and depreciated over their useful lives. The corresponding lease or hire purchase obligation is treated in the balance sheet as a liability.

Leasing and purchase hire agreements

Assets held under finance leases and hire purchase contracts, which are those where substantially all the risks and rewards of ownership of the asset have passed to the company, are capitalised in

the balance sheet and depreciated over their useful lives. The corresponding lease or hire purchase obligation is treated in the balance sheet as a liability.

The interest element of the rental obligations is charged to the profit and loss account over the period of the lease and represents a constant proportion of the balance of capital repayments outstanding.

Rentals paid under operating leases are charged to income on a straight line basis over the lease term.

2 Intangible fixed assets

	£
Cost	
At 1 December 2014	420
Additions	0
Disposals	0
Revaluations	0
Transfers	0
At 30 November 2015	<u>420</u>
Amortisation	
At 1 December 2014	126
Charge for the year	42
On disposals	0
At 30 November 2015	<u>168</u>
Net book values	
At 30 November 2015	<u>252</u>
At 30 November 2014	<u>294</u>

3 Tangible fixed assets

	£
Cost	
At 1 December 2014	66,208
Additions	8,495
Disposals	0
Revaluations	0
Transfers	0
At 30 November 2015	<u>74,703</u>
Depreciation	
At 1 December 2014	8,338
Charge for the year	3,564
On disposals	0
At 30 November 2015	<u>11,902</u>
Net book values	
At 30 November 2015	<u>62,801</u>
At 30 November 2014	<u>57,870</u>

4 Debtors

	<i>2015</i>	<i>2014</i>
	£	£
Debtors include the following amounts due after more than one year	3,422	0

5 Creditors

	<i>2015</i>	<i>2014</i>
	£	£
Secured Debts	71,167	5,007

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