

Registered Number 07830581

HENCH NUTRITION LTD

Abbreviated Accounts

30 November 2013

Abbreviated Balance Sheet as at 30 November 2013

	<i>Notes</i>	<i>2013</i>	<i>2012</i>
		<i>£</i>	<i>£</i>
Called up share capital not paid		-	-
Fixed assets			
Intangible assets	2	336	378
Tangible assets	3	19,017	4,842
Investments		-	-
		<u>19,353</u>	<u>5,220</u>
Current assets			
Stocks		55,880	10,500
Debtors		8,637	-
Investments		-	-
Cash at bank and in hand		49,321	33,791
		<u>113,838</u>	<u>44,291</u>
Prepayments and accrued income		-	-
Creditors: amounts falling due within one year		(99,144)	(48,167)
Net current assets (liabilities)		<u>14,694</u>	<u>(3,876)</u>
Total assets less current liabilities		<u>34,047</u>	<u>1,344</u>
Creditors: amounts falling due after more than one year		0	(4,116)
Provisions for liabilities		0	0
Accruals and deferred income		0	0
Total net assets (liabilities)		<u>34,047</u>	<u>(2,772)</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		34,046	(2,773)
Shareholders' funds		<u>34,047</u>	<u>(2,772)</u>

- For the year ending 30 November 2013 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 22 August 2014

And signed on their behalf by:

John Horwell, Director

Notes to the Abbreviated Accounts for the period ended 30 November 2013**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**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. Stock is valued at the lower of cost and net realisable value.

Going Concern

The financial statements have been prepared on the going concern basis as the company has recorded a profit this year and has net current assets; in the previous period it recorded a loss for its first period and had net current liabilities.

2 Intangible fixed assets

	£
Cost	
At 1 December 2012	420
Additions	0
Disposals	0
Revaluations	0
Transfers	0
At 30 November 2013	<u>420</u>
Amortisation	

At 1 December 2012	42
Charge for the year	42
On disposals	0
At 30 November 2013	<u>84</u>
Net book values	
At 30 November 2013	<u>336</u>
At 30 November 2012	<u>378</u>

3 Tangible fixed assets

	£
Cost	
At 1 December 2012	6,052
Additions	17,740
Disposals	0
Revaluations	0
Transfers	0
At 30 November 2013	<u>23,792</u>
Depreciation	
At 1 December 2012	1,210
Charge for the year	3,565
On disposals	0
At 30 November 2013	<u>4,775</u>
Net book values	
At 30 November 2013	<u>19,017</u>
At 30 November 2012	<u>4,842</u>

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