

# RP04

Second filing of a document previously delivered



Companies House

**✓ What this form is for**

You can only use this form to file a second filing of a document delivered under the Companies Act 2006 on or after 1 October 2009 that held inaccuracies.

A second filing of a document must only be filed where it is providing corrected information that has been properly delivered but inaccuracies still appear on the register.

**✗ What this form is NOT for**

You cannot use this form for a second filing of a document under the Companies Act 2006 or the Companies (Northern Ireland) Order 1986 regardless of whether it has been previously delivered.

A second filing of a document cannot be filed where it is correcting information that was originally not properly delivered. Form RP01 must be used in these circumstances.

For further information, please



A17 \*A8CWKMXM\* 29/08/2019 #116  
COMPANIES HOUSE

THURSDAY

## 1 Company details

Company number 0 8 7 0 8 2 0 5

Company name in full Life Health Foods UK Ltd

**→ Filling in this form**

Please complete in typescript or in bold black capitals.

All fields are mandatory unless specified or indicated by \*

## 2 Applicable documents

This form **only** applies to the following forms:

- AP01 Appointment of director
- AP02 Appointment of corporate director
- AP03 Appointment of secretary
- AP04 Appointment of corporate secretary
  
- CH01 Change of director's details
- CH02 Change of corporate director's details
- CH03 Change of secretary's details
- CH04 Change of corporate secretary's details
  
- TM01 Termination of appointment of director
- TM02 Termination of appointment of secretary
  
- SH01 Return of allotment of shares
  
- AR01 Annual Return
  
- CS01 Confirmation statement (Parts 1-4 only)
  
- PSC01 Notice of individual person with significant control (PSC)
- PSC02 Notice of relevant legal entity (RLE) with significant control
- PSC03 Notice of other registrable person (ORP) with significant control
- PSC04 Change of details of individual person with significant control (PSC)
- PSC05 Change of details of relevant legal entity (RLE) with significant control
- PSC06 Change of details of other registrable person (ORP) with significant control
  
- PSC07 Notice of ceasing to be a person with significant control (PSC), relevant legal entity (RLE), or other registrable person (ORP)
- PSC08 Notification of PSC statements
- PSC09 Update to PSC statements

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**3 Description of the original document**

Document type ①

Form SH01 (date of allotment 21 March 2019)

**① Description of the original document**

Please enter the document type (e.g. a Return of allotment of shares—SH01) and any distinguishing information if more than one document of that type was filed on the same day.

Date of registration of the original document

<sup>d</sup>0<sup>d</sup>6<sup>m</sup>0<sup>m</sup>6<sup>y</sup>2<sup>y</sup>0<sup>y</sup>1<sup>y</sup>9

**4 Section 243 or 790ZF Exemption ②**

If you are applying for, or have been granted, exemption under section 243 or 790ZF of the Companies Act 2006 and the document(s) you are updating contain(s) your usual residential address, please post this form along with the updated document(s) to the address below:

The Registrar of Companies, PO BOX 4082, Cardiff, CF14 3WE.

② If you are currently in the process of applying for or have been granted a Section 243 or 790ZF exemption, you may wish to check that you have not entered your usual residential address as the service address in the accompanying form (e.g. AP01 or CH01).

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### Presenter information

You do not have to give any contact information, but if you do it will help Companies House if there is a query on the form. The contact information you give will be visible to searchers of the public record.

Contact name	Hannah Doherty									
Company name	Keystone Law									
Address	48 Chancery Lane									
Post town	London									
County/Region										
Postcode	W	C	2	A		1	J	F		
Country	England									
DX	193 Chancery Ln									
Telephone	020 3319 3700									



### Checklist

**We may return forms completed incorrectly or with information missing.**

**Please make sure you have remembered the following:**

- ☐ The company name and number match the information held on the public Register.
- ☐ You can only use this form to file a second filing of a document delivered to the Registrar of Companies under the Companies Act 2006 on or after 1 October 2009 that held inaccuracies.
- ☐ If you are updating a document where you have previously paid a fee, do not send a fee along with this form.
- ☐ You have enclosed the second filed document(s).
- ☐ If the company to which this document relates has signed up to the PROOF (PROtected Online Filing) scheme, you must also deliver with this form, and the second filed document(s), a PR03 form 'Consent for paper filing.'



### Important information

**Please note that all information on this form will appear on the public record.**



### Where to send

**You may return this form to any Companies House address, however for expediency we advise you to return it to the appropriate address below:**

**For companies registered in England and Wales:**  
The Registrar of Companies, Companies House,  
Crown Way, Cardiff, Wales, CF14 3UZ.  
DX 33050 Cardiff.

**For companies registered in Scotland:**  
The Registrar of Companies, Companies House,  
Fourth floor, Edinburgh Quay 2,  
139 Fountainbridge, Edinburgh, Scotland, EH3 9FF.  
DX ED235 Edinburgh 1  
or LP - 4 Edinburgh 2 (Legal Post).

**For companies registered in Northern Ireland:**  
The Registrar of Companies, Companies House,  
Second Floor, The Linenhall, 32-38 Linenhall Street,  
Belfast, Northern Ireland, BT2 8BG.  
DX 481 N.R. Belfast 1.

### Section 243 or 790ZF exemption

If you are applying for or have been granted a section 243 or 790ZF exemption, please post this whole form to the different postal address below:  
The Registrar of Companies, PO Box 4082,  
Cardiff, CF14 3WE.



### Further information

For further information, please see the guidance notes on the website at [www.gov.uk/companieshouse](http://www.gov.uk/companieshouse) or email [enquiries@companieshouse.gov.uk](mailto:enquiries@companieshouse.gov.uk)

**This form is available in an alternative format. Please visit the forms page on the website at [www.gov.uk/companieshouse](http://www.gov.uk/companieshouse)**

# SH01

## Return of allotment of shares



Companies House



Go online to file this information  
[www.gov.uk/companieshouse](http://www.gov.uk/companieshouse)

☒ **What this form is for**  
You may use this form to give  
notice of shares allotted following  
incorporation.

☐ **What this form is NOT for**  
You cannot use this form to give  
notice of shares taken by subscribers  
on formation of the company or  
for an allotment of a new class of  
shares by an unlimited company.

For further information, please  
refer to our guidance at  
[www.gov.uk/companieshouse](http://www.gov.uk/companieshouse)

### 1 Company details

Company number

Company name in full

#### → Filling in this form

Please complete in typescript or in  
bold black capitals.

All fields are mandatory unless  
specified or indicated by \*

### 2 Allotment dates

From Date

To Date

#### 1 Allotment date

If all shares were allotted on the  
same day enter that date in the  
'from date' box. If shares were  
allotted over a period of time,  
complete both 'from date' and 'to  
date' boxes.

### 3 Shares allotted

Please give details of the shares allotted, including bonus shares.  
(Please use a continuation page if necessary.)

#### 2 Currency

If currency details are not  
completed we will assume currency  
is in pound sterling.

Currency 2	Class of shares (E.g. Ordinary/Preference etc.)	Number of shares allotted	Nominal value of each share	Amount paid (including share premium) on each share	Amount (if any) unpaid (including share premium) on each share
GBP	'A' ordinary	5,000,000	1.00	1.00	0.00
GBP	'B' ordinary	9,500,000	1.00	1.00	0.00

If the allotted shares are fully or partly paid up otherwise than in cash, please  
state the consideration for which the shares were allotted.

#### Continuation page

Please use a continuation page if  
necessary.

Details of non-cash  
consideration.

If a PLC, please attach  
valuation report (if  
appropriate)

## SH01

## Return of allotment of shares

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## Statement of capital

Complete the table(s) below to show the issued share capital at the date to which this return is made up.

Complete a separate table for each currency (if appropriate). For example, add pound sterling in 'Currency table A' and Euros in 'Currency table B'.

Please use a Statement of Capital continuation page if necessary.

Currency Complete a separate table for each currency	Class of shares E.g. Ordinary/Preference etc.	Number of shares	Aggregate nominal value (£, €, \$, etc) Number of shares issued multiplied by nominal value	Total aggregate amount unpaid, if any (£, €, \$, etc) Including both the nominal value and any share premium
<b>Currency table A</b>				
GBP	'A' ordinary	5,500,000	5,500,000	
GBP	'B' ordinary	10,000,000	10,000,000	
GBP	'C' ordinary	2,000	2,000	
<b>Totals</b>		See cont. page	See cont. page	See cont. page

**Currency table B**

<b>Totals</b>				

**Currency table C**

<b>Totals</b>				

Totals (including continuation pages)

Total number of shares	Total aggregate nominal value ❶	Total aggregate amount unpaid ❶
15,504,000	£15,504,000	£0.00

❶ Please list total aggregate values in different currencies separately. For example: £100 + €100 + \$10 etc.

## Statement of capital

**Complete a separate table for each currency.**

<b>Totals</b>	15,504,000	15,504,000	0.00
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# SH01 - continuation page

## Return of allotment of shares

5 Statement of capital (prescribed particulars of rights attached to shares)		
Class of share	'D' ordinary	
Prescribed particulars	<p>(A) This class of share does not carry any voting rights.</p> <p>(B) This class of share does not have any rights to dividends or distributions of the Company except on a winding-up.</p> <p>(C) On a winding-up, this class of share only carries the right to participate in the surplus assets of the Company above the sum of £2,000.</p> <p>(D) This class of share is redeemable.</p>	

SH01

Return of allotment of shares

5

**Statement of capital (prescribed particulars of rights attached to shares)**

Please give the prescribed particulars of rights attached to shares for each class of share shown in the share capital tables in **Section 4**.

Class of share

'A' ordinary

Prescribed particulars  
❶

- (A) Each share carries one vote.  
 (B) Each share has the right to participate in any income distributions including dividends declared on this class of share.  
 (C) Each share has the right to participate in any capital distributions of the Company including on a winding-up.  
 (D) This class of share is non-redeemable.

Class of share

'B' ordinary

Prescribed particulars  
❶

- (A) Each share carries one vote.  
 (B) Each share has the right to participate in any income distributions including dividends declared on this class of share.  
 (C) Each share has the right to participate in any capital distributions of the Company including on a winding-up.  
 (D) This class of share is non-redeemable.

Class of share

'C' ordinary

Prescribed particulars  
❶

- (A) This class of share does not carry any voting rights.  
 (B) This class of share does not have any rights to dividends or distributions of the Company except on a winding-up.  
 (C) On a winding-up, this class of share only carries the right to participate in the surplus assets of the Company above the sum of £2,000.  
 (D) This class of share is redeemable.

**❶ Prescribed particulars of rights attached to shares**

The particulars are:

- a particulars of any voting rights, including rights that arise only in certain circumstances;
- b particulars of any rights, as respects dividends, to participate in a distribution;
- c particulars of any rights, as respects capital, to participate in a distribution (including on winding up); and
- d whether the shares are to be redeemed or are liable to be redeemed at the option of the company or the shareholder.

A separate table must be used for each class of share.

**Continuation page**

Please use a Statement of Capital continuation page if necessary.

6

**Signature**

I am signing this form on behalf of the company.

Signature

Signature

X



Deon Joubert

X

This form may be signed by:

Director ❷, Secretary, Person authorised ❸, Administrator, Administrative receiver, Receiver, Receiver manager, CIC manager.

**❷ Societas Europaea**

If the form is being filled on behalf of a Societas Europaea (SE) please delete 'director' and insert details of which organ of the SE the person signing has membership.

**❸ Person authorised**

Under either section 270 or 274 of the Companies Act 2006.



SH01

Return of allotment of shares

**Presenter information**

You do not have to give any contact information, but if you do it will help Companies House if there is a query on the form. The contact information you give will be visible to searchers of the public record.

Contact name  
Hannah DohertyCompany name  
Keystone LawAddress  
48 Chancery LanePost town  
London

County/Region

Postcode  
W C 2 A 1 J FCountry  
EnglandDX  
193 Chancery LnTelephone  
020 3319 3700**Checklist**

We may return the forms completed incorrectly or with information missing.

Please make sure you have remembered the following:

- ☐ The company name and number match the information held on the public Register.
- ☐ You have shown the date(s) of allotment in section 2.
- ☐ You have completed all appropriate share details in section 3.
- ☐ You have completed the relevant sections of the statement of capital.
- ☐ You have signed the form.

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Fourth floor, Edinburgh Quay 2,  
139 Fountainbridge, Edinburgh, Scotland, EH3 9FF.  
DX ED235 Edinburgh 1  
or LP - 4 Edinburgh 2 (Legal Post).

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Second Floor, The Linenhall, 32-38 Linenhall Street,  
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DX 481 N.R. Belfast 1.

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