



Companies House

AR01 (ef)

Annual Return



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Received for filing in Electronic Format on the: **25/11/2014**

Company Name: **24 HOUR NUTRITION LIMITED**

Company Number: **09112465**

Date of this return: **25/11/2014**

SIC codes: **46900**

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

Situation of Registered Office: **9 MARGED STREET
LLANELLI
DYFED
WALES
SA15 2EP**

Officers of the company

Company Director ***1***

Type: **Person**
Full forename(s): **MR SHAUN**

Surname: **JONES**

Former names:

Service Address: **9 MARGED STREET**
 LLANELLI
 DYFED
 WALES
 SA15 2EP

Country/State Usually Resident: **WALES**

Date of Birth: **14/12/1989** *Nationality:* **WELSH**
Occupation: **SUPPLEMENT STORE**

Statement of Capital (Share Capital)

Class of shares	ORDINARY	<i>Number allotted</i>	2
		<i>Aggregate nominal value</i>	2
<i>Currency</i>	GBP	<i>Amount paid per share</i>	1
		<i>Amount unpaid per share</i>	0

Prescribed particulars

EACH SHARE HAS FULL RIGHTS IN THE COMPANY WITH RESPECT TO VOTING, DIVIDENDS AND DISTRIBUTIONS.!! SHARE HAS ONE VOTING RIGHT.

Statement of Capital (Totals)

<i>Currency</i>	GBP	<i>Total number of shares</i>	2
		<i>Total aggregate nominal value</i>	2

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 25/11/2014 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 : **0 ORDINARY shares held as at the date of this return**
1 shares transferred on 2014-11-25

Name: **NATHAN BOWEN**

Shareholding 2 : **2 ORDINARY shares held as at the date of this return**

Name: **SHAUN JONES**

Authorisation

Authenticated

This form was authorised by one of the following:

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