



Companies House

CS01_(ef)

Confirmation Statement

Company Name: **TONIC NUTRITION LTD**

Company Number: **12174856**



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Company Name: **TONIC NUTRITION LTD**

Company Number: **12174856**

Confirmation **26/08/2023**

Statement date:

Statement of Capital (Share Capital)

Class of Shares:	A	Number allotted	114090
	ORDINARY	Aggregate nominal value:	1140.9
Currency:	GBP		

Prescribed particulars

FULL RIGHTS REGARDING VOTING, PAYMENT OF DIVIDENDS AND DISTRIBUTIONS

Class of Shares:	B	Number allotted	100000
	ORDINARY	Aggregate nominal value:	1000
Currency:	GBP		

Prescribed particulars

FULL RIGHTS REGARDING VOTING, PAYMENT OF DIVIDENDS AND DISTRIBUTIONS

Statement of Capital (Totals)

Currency:	GBP	Total number of shares:	214090
		Total aggregate nominal value:	2140.9
		Total aggregate amount	0
		unpaid:	

Full details of Shareholders

The details below relate to individuals/corporate bodies that were shareholders during the review period or that had ceased to be shareholders since the date of the previous confirmation statement.

Shareholder information for a non-traded company as at the confirmation statement date is shown below

Shareholding 1:	8142 A ORDINARY shares held as at the date of this confirmation statement
Name:	AND RISING LIMITED
Shareholding 2:	17292 A ORDINARY shares held as at the date of this confirmation statement
Name:	AWESOMEACTION LIMITED
Shareholding 3:	552 A ORDINARY shares held as at the date of this confirmation statement
Name:	MARK AYLWARD
Shareholding 4:	1946 A ORDINARY shares held as at the date of this confirmation statement
Name:	DIEGO BEVILACQUA
Shareholding 5:	921 A ORDINARY shares held as at the date of this confirmation statement
Name:	FREDRIK BODTKER
Shareholding 6:	368 A ORDINARY shares held as at the date of this confirmation statement
Name:	PAULA BURGESS
Shareholding 7:	3684 A ORDINARY shares held as at the date of this confirmation statement
Name:	MIKE DEARING
Shareholding 8:	368 A ORDINARY shares held as at the date of this confirmation statement
Name:	ASH DITTA
Shareholding 9:	221 A ORDINARY shares held as at the date of this confirmation statement
Name:	KATE DOWLING
Shareholding 10:	1547 A ORDINARY shares held as at the date of this confirmation statement
Name:	JAMES FAIRCLOUGH
Shareholding 11:	2872 A ORDINARY shares held as at the date of this confirmation statement
Name:	CAROLIN GREINER

Shareholding 12:	368 A ORDINARY shares held as at the date of this confirmation statement
Name:	JENNIFER HINVES
Shareholding 13:	1474 A ORDINARY shares held as at the date of this confirmation statement
Name:	ALEX HOWORTH
Shareholding 14:	2778 A ORDINARY shares held as at the date of this confirmation statement
Name:	MIND & BUSINESS LTD
Shareholding 15:	2636 A ORDINARY shares held as at the date of this confirmation statement
Name:	RANJIT MUNRO
Shareholding 16:	73 A ORDINARY shares held as at the date of this confirmation statement
Name:	CARL OWEN
Shareholding 17:	8624 A ORDINARY shares held as at the date of this confirmation statement
Name:	NICHOLAS PEARSON
Shareholding 18:	7020 A ORDINARY shares held as at the date of this confirmation statement
Name:	RUPERT PEARSON
Shareholding 19:	1105 A ORDINARY shares held as at the date of this confirmation statement
Name:	VIVEK RAMACHANDRAN
Shareholding 20:	184 A ORDINARY shares held as at the date of this confirmation statement
Name:	RED APPLE VENTURES LTD
Shareholding 21:	3131 A ORDINARY shares held as at the date of this confirmation statement
Name:	JOHN REYNOLDS
Shareholding 22:	1362 A ORDINARY shares held as at the date of this confirmation statement
Name:	OTTO ROSENBERGER
Shareholding 23:	368 A ORDINARY shares held as at the date of this confirmation statement
Name:	JAMIE ROSS
Shareholding 24:	11751 A ORDINARY shares held as at the date of this confirmation statement

Name:	SEERDRS
Shareholding 25:	1326 A ORDINARY shares held as at the date of this confirmation statement
Name:	SEVEN CAPITOL VALOR LTD
Shareholding 26:	8655 A ORDINARY shares held as at the date of this confirmation statement
Name:	ANNA SINGH
Shareholding 27:	7598 A ORDINARY shares held as at the date of this confirmation statement
Name:	KULDIP SINGH DHILLON
Shareholding 28:	11603 A ORDINARY shares held as at the date of this confirmation statement
Name:	TOM SINGH
Shareholding 29:	100000 B ORDINARY shares held as at the date of this confirmation statement
Name:	SUNNA VAN KAMPEN
Shareholding 30:	2210 A ORDINARY shares held as at the date of this confirmation statement
Name:	BRAD WALDRON
Shareholding 31:	368 A ORDINARY shares held as at the date of this confirmation statement
Name:	NEIL WARHURST
Shareholding 32:	563 A ORDINARY shares held as at the date of this confirmation statement
Name:	ANTONIO WEDRAL
Shareholding 33:	737 A ORDINARY shares held as at the date of this confirmation statement
Name:	JONATHAN WILLIAMS
Shareholding 34:	737 A ORDINARY shares held as at the date of this confirmation statement
Name:	JONATHAN WILLIAMS
Shareholding 35:	1506 A ORDINARY shares held as at the date of this confirmation statement
Name:	MARK ZAMUNER

Confirmation Statement

I confirm that all information required to be delivered by the company to the registrar in relation to the confirmation period concerned either has been delivered or is being delivered at the same time as the confirmation statement

Authorisation

Authenticated

This form was authorised by one of the following:

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