

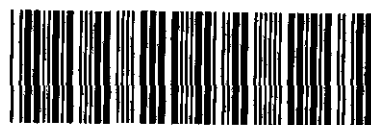
REGISTERED NUMBER: SC228703 (Scotland)

Abbreviated Unaudited Accounts for the Year Ended 31 March 2008

for

Fitnut Limited

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COMPANIES HOUSE

Fitnut Limited

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for the Year Ended 31 March 2008

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Fitnut Limited

Company Information
for the Year Ended 31 March 2008

DIRECTORS:

Helen Penelope McIntosh
Stephen James McIntosh

SECRETARY:

James & George Collie

REGISTERED OFFICE:

1 East Craibstone Street
Aberdeen

REGISTERED NUMBER:

SC228703 (Scotland)

ACCOUNTANTS:

Alpha Business Services Limited
Chartered Accountant
Inverebrie
Ellon
Aberdeenshire
AB41 8PX

BANKERS.

Royal Bank of Scotland
Main Street
Alford
AB33 8AA

Fitnut Limited

Abbreviated Balance Sheet
31 March 2008

	Notes	31 3 08 £	31 3 07 £
FIXED ASSETS			
Tangible assets	2	20,665	18,341
CURRENT ASSETS			
Debtors		42,513	9,565
Cash at bank		<u> </u>	<u>4,105</u>
		42,513	13,670
CREDITORS			
Amounts falling due within one year		<u>49,607</u>	<u>21,185</u>
NET CURRENT LIABILITIES		<u>(7,094)</u>	<u>(7,515)</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		13,571	10,826
CREDITORS			
Amounts falling due after more than one year		<u>13,464</u>	<u>10,256</u>
NET ASSETS		<u>107</u>	<u>570</u>
CAPITAL AND RESERVES			
Called up share capital	3	2	1
Profit and loss account		<u>105</u>	<u>569</u>
SHAREHOLDERS' FUNDS		<u>107</u>	<u>570</u>

The company is entitled to exemption from audit under Section 249A(1) of the Companies Act 1985 for the year ended 31 March 2008

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2008 in accordance with Section 249B(2) of the Companies Act 1985

The directors acknowledge their responsibilities for

- ensuring that the company keeps accounting records which comply with Section 221 of the Companies Act 1985 and
- preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Section 226 and which otherwise comply with the requirements of the Companies Act 1985 relating to financial statements, so far as applicable to the company

The notes form part of these abbreviated accounts

Fitnut Limited

Abbreviated Balance Sheet continued
31 March 2008

These abbreviated accounts have been prepared in accordance with the special provisions of Part VII of the Companies Act 1985 relating to small companies

The financial statements were approved by the Board of Directors on 26 August 2008 and were signed on its behalf by

A handwritten signature in black ink, appearing to be 'Helen Penelope McIntosh', with a long horizontal stroke extending to the right.

Helen Penelope McIntosh Director

The notes form part of these abbreviated accounts

Notes to the Abbreviated Accounts
for the Year Ended 31 March 2008

1 ACCOUNTING POLICIES

Accounting convention

The financial statements have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2007)

Turnover

Turnover represents net invoiced sales of goods, excluding value added tax

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life or, if held under a finance lease, over the lease term, whichever is the shorter

Plant and machinery	at varying rates on cost
Motor vehicles	at varying rates on cost

Deferred tax

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date

Hire purchase and leasing commitments

Assets obtained under hire purchase contracts or finance leases are capitalised in the balance sheet. Those held under hire purchase contracts are depreciated over their estimated useful lives. Those held under finance leases are depreciated over their estimated useful lives or the lease term, whichever is the shorter.

The interest element of these obligations is charged to the profit and loss account over the relevant period. The capital element of the future payments is treated as a liability.

2 TANGIBLE FIXED ASSETS

	Total £
COST	
At 1 April 2007	21,676
Additions	9,724
	<hr/>
At 31 March 2008	31,400
DEPRECIATION	
At 1 April 2007	3,336
Charge for year	7,399
	<hr/>
At 31 March 2008	10,735
NET BOOK VALUE	
At 31 March 2008	20,665
	<hr/>
At 31 March 2007	18,340
	<hr/>

Fitnut Limited

Notes to the Abbreviated Accounts continued
for the Year Ended 31 March 2008

3 CALLED UP SHARE CAPITAL

Authorised Number	Class	Nominal value £1	31 3 08 £ 10,000	31 3 07 £ 10,000
10,000	Ordinary		<u>10,000</u>	<u>10,000</u>

Allotted, issued and fully paid Number	Class	Nominal value £1	31 3 08 £ 2	31 3 07 £ 1
1	Ordinary		<u>2</u>	<u>1</u>

Fitnut Limited

Report of the Accountants to the Directors of
Fitnut Limited

The following reproduces the text of the report prepared for the directors in respect of the company's annual unaudited financial statements, from which the unaudited abbreviated accounts (set out on pages two to five) have been prepared.

As described on the balance sheet you are responsible for the preparation of the financial statements for the year ended 31 March 2008 set out on pages three to five and you consider that the company is exempt from an audit

In accordance with your instructions, we have compiled these unaudited financial statements in order to assist you to fulfil your statutory responsibilities, from the accounting records and information and explanations supplied to us

Alpha Business Services Limited

Alpha Business Services Limited
Chartered Accountant
Inverebrie
Ellon
Aberdeenshire
AB41 8PX

26 August 2008

This page does not form part of the abbreviated accounts