Registered Number 04771858

VITAMINS LTD

Abbreviated Accounts

31 May 2010

VITAMINS LTD **Registered Number 04771858**

Balance Sheet as at 31 May 2010

	Notes	2010		2009	
		£	£	£	£
Fixed assets					
Tangible	2		1,600		2,000
Total fixed assets			1,600		2,000
Current assets					
Cash at bank and in hand		703		343	
Total current assets		703		343	
Creditors: amounts falling due within one year		(4,470)		(2,750)	
Net current assets			(3,767)		(2,407)
Total assets less current liabilities			(2,167)		(407)
Total net Assets (liabilities)			(2,167)		(407)
Capital and reserves					
Called up share capital			2		2
Profit and loss account			(2,169)		(409)
Shareholders funds			(2,167)		(407)

a. For the year ending 31 May 2010 the company was entitled to exemption under section 477(2) of the Companies Act 2006.
b. The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006
c. The directors acknowledge their responsibility for:
    i. ensuring the company keeps accounting records which comply with Section 386; and
    ii. preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year, and of its profit or loss for the financial year, in accordance with the requirements of section 393, and which otherwise comply with the requirements of the Companies Act relating to accounts, so far as is applicable to the company.
d. These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the board on 21 February 2011

And signed on their behalf by:
NABEEL BUTT, Director

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1068 of the Companies Act 2006.

Notes to the abbreviated accounts

For the year ending 31 May 2010

1 **Accounting policies**

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standards for Small Entities (effective June 2002)

Turnover

£ 216,659

Depreciation

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives.

Fixtures and Fittings	20.00% Reducing Balance

2 **Tangible fixed assets**

Cost	£
At 31 May 2009	2,500
additions	
disposals	
revaluations	
transfers	
At 31 May 2010	2,500
Depreciation	
At 31 May 2009	500
Charge for year	400
on disposals	
At 31 May 2010	900
Net Book Value	
At 31 May 2009	2,000
At 31 May 2010	1,600