FOCUSED NUTRITION LIMITED
DIRECTOR'S REPORT AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2023

Teale & Co
1 Industrial Street
Bingley
West Yorkshire
BD16 4JG

Contents

Focused Nutrition Limited
Company Information
For The Year Ended 31 December 2023

Director	Mr J Rooney
Company Number	03692248
Registered Office	Unit 8 Vaughan Road Stockport Cheshire SK4 2PQ
Accountants	Teale & Co 1 Industrial Street Bingley West Yorkshire BD16 4JG

The director presents his report and the financial statements for the year ended 31 December 2023.

Directors

The director who held office during the year were as follows:

Mr J Rooney

Statement of Director's Responsibilities

The directors are responsible for preparing the Directors' Report and the financial statements in accordance with applicable law and regulations.
Company law requires the directors to prepare financial statements for each financial year. Under that law the directors have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). The financial statements are required by law to give a true and fair view of the state of affairs of the company and of the profit or loss for that period. In preparing the financial statements the directors are required to:

- select suitable accounting policies and then apply them consistently;
- make judgments and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The director is responsible for the maintenance and integrity of the corporate and financial information included on the company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Small Company Rules

This report has been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

On behalf of the board

Mr J Rooney

Director

01/03/2024

In accordance with the engagement letter and in order to assist you to fulfil your duties under the Companies Act 2006, we have compiled the financial statements of the company from the accounting records and information and explanations you have given to us.

This report is made to the director in accordance with the terms of our engagement. Our work has been undertaken to prepare for approval by the director the financial statements that we have been engaged to compile, to report to the director that we have done so, and to state those matters that we have agreed to state to them in this report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the Company and the Company's director for our work or for this report.

You have acknowledged on the balance sheet as at year ended 31 December 2023 your duty to ensure that the company has kept proper accounting records and to prepare financial statements that give a true and fair view under the Companies Act 2006. You consider that the company is exempt from the statutory requirement for an audit for the year.

We have not been instructed to carry out an audit of the financial statements. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the financial statements.

Signed

01/03/2024

Teale & Co
1 Industrial Street
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Focused Nutrition Limited
Profit and Loss Account
For The Year Ended 31 December 2023

	Notes	2023 £	2022 £
TURNOVER		2,676,215	1,850,939
Cost of sales		(1,390,783)	(1,067,164)
GROSS PROFIT		1,285,432	783,775
Administrative expenses		(883,762)	(574,860)
OPERATING PROFIT	3	401,670	208,915
Interest payable and similar charges		(13,274)	(1,976)
PROFIT BEFORE TAXATION		388,396	206,939
Tax on Profit		(62,856)	(3,233)
PROFIT AFTER TAXATION BEING PROFIT FOR THE FINANCIAL YEAR		325,540	203,706

The notes on pages 8 to 11 form part of these financial statements.

Focused Nutrition Limited
Balance Sheet
As At 31 December 2023

		2023		2022	
	Notes	**£**	**£**	**£**	**£**
FIXED ASSETS					
Tangible Assets	**6**		131,680		98,953
			131,680		98,953
CURRENT ASSETS					
Stocks	**7**	115,090		126,719	
Debtors	**8**	547,391		273,800	
Cash at bank and in hand		46,622		20,135	
		709,103		420,654	
Creditors: Amounts Falling Due Within One Year	**9**	(245,920)		(236,597)	
NET CURRENT ASSETS (LIABILITIES)			463,183		184,057
TOTAL ASSETS LESS CURRENT LIABILITIES			594,863		283,010
Creditors: Amounts Falling Due After More Than One Year	**10**		(96,885)		(110,572)
NET ASSETS			497,978		172,438
CAPITAL AND RESERVES					
Called up share capital	**11**		100		100
Profit and Loss Account			497,878		172,338
SHAREHOLDERS' FUNDS			497,978		172,438

For the year ending 31 December 2023 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The member has not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The director acknowledges his responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

On behalf of the board

Mr J Rooney

Director

01/03/2024

The notes on pages 8 to 11 form part of these financial statements.

Focused Nutrition Limited
Statement of Changes in Equity
For The Year Ended 31 December 2023

	Share Capital	Profit and Loss Account	Total
	£	£	£
As at 1 January 2022	100	(31,368)	(31,268)
Profit for the year and total comprehensive income	-	203,706	203,706
As at 31 December 2022 and 1 January 2023	100	172,338	172,438
Profit for the year and total comprehensive income	-	325,540	325,540
As at 31 December 2023	100	497,878	497,978

1. **General Information**

Focused Nutrition Limited is a private company, limited by shares, incorporated in England & Wales, registered number 03692248. The registered office is Unit 8 Vaughan Road, Stockport, Cheshire, SK4 2PQ.

2. **Accounting Policies**

2.1. **Basis of Preparation of Financial Statements**

The financial statements are prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

2.2. **Turnover**

Turnover comprises the invoiced value of goods and services supplied by the company, net of Value Added Tax and trade discounts.

2.3. **Tangible Fixed Assets and Depreciation**

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost of the fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Leasehold	20% Straight line
Motor Vehicles	25% Reducing balance
Fixtures & Fittings	20% Straight line

2.4. **Stocks and Work in Progress**

Stocks and work in progress are valued at the lower of cost and net realisable value after making due allowance for obsolete and slow-moving stocks. Cost includes all direct costs and an appropriate proportion of fixed and variable overheads. Work-in-progress is reflected in the accounts on a contract by contract basis by recording turnover and related costs as contract activity progresses.

2.5. **Taxation**

Income tax expense represents the sum of the tax currently payable and deferred tax.

The tax currently payable is based on taxable profit for the year. Taxable profit differs from profit as reported in the statement of comprehensive income because of items of income or expense that are taxable or deductible in other year and items that are never taxable or deductible. The company's liability for current tax is calculated using tax rates that have been enacted or substantively enacted by the end of the reporting period.

Deferred tax is recognised on timing differences between the carrying amounts of assets and liabilities in the financial statements and the corresponding tax bases used in the computation of taxable profit. Deferred tax liabilities are generally recognised for all taxable timing differences. Deferred tax assets are generally recognised for all deductible temporary differences to the extent that it is probable that taxable profits will be available against which those deductible timing differences can be utilised. The carrying amount of deferred tax assets is reviewed at the end of each reporting period and reduced to the extent that it is no longer probable that sufficient taxable profits will be available to allow all or part of the asset to be recovered.

Deferred tax assets and liabilities are measured at the tax rates that are expected to apply in the period in which the liability is settled or the asset realised, based on tax rates (and tax laws) that have been enacted or substantively enacted by the end of the reporting period. Deferred tax liabilities are presented within provisions for liabilities and deferred tax assets within debtors. The measurement of deferred tax liabilities and asset reflects the tax consequences that would follow from the manner in which the Company expects, at the end of the reporting period, to recover or settle the carrying amount of its assets and liabilities.

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2.5. Taxation - continued

Current or deferred tax for the year is recognised in profit or loss, except when they related to items that are recognised in other comprehensive income or directly in equity, in which case, the current and deferred tax is also recognised in other comprehensive income or directly in equity respectively.

3. Operating Profit

The operating profit is stated after charging:

	2023	2022
	£	£
Depreciation of tangible fixed assets	34,581	21,200

4. Average Number of Employees

Average number of employees, including directors, during the year was: 18 (2022: 16)

5. Director's remuneration

	2023	2022
	£	£
Emoluments	86,483	50,134
	86,483	50,134

During the year, retirement benefits were accruing to 1 directors (previous year 1) in respect of money purchase schemes.

6. Tangible Assets

	Land & Property Leasehold	Motor Vehicles	Fixtures & Fittings	Total
	£	£	£	£
Cost				
As at 1 January 2023	33,572	-	236,614	270,186
Additions	2,055	6,500	58,753	67,308
Disposals	-	-	(4,424)	(4,424)
As at 31 December 2023	35,627	6,500	290,943	333,070
Depreciation				
As at 1 January 2023	14,462	-	156,771	171,233
Provided during the period	5,512	135	28,934	34,581
Disposals	-	-	(4,424)	(4,424)
As at 31 December 2023	19,974	135	181,281	201,390

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Net Book Value				
As at 31 December 2023	15,653	6,365	109,662	131,680
As at 1 January 2023	19,110	-	79,843	98,953

7. **Stocks**

	2023	2022
	£	£
Stock	115,090	126,719
	115,090	126,719

8. **Debtors**

	2023	2022
	£	£
Due within one year		
Trade debtors	289,084	234,887
Prepayments and accrued income	37,943	2,594
Other debtors	181,122	3,267
Corporation tax recoverable	20,338	-
VAT	18,904	6,906
	547,391	247,654
Due after more than one year		
Directors loan account	-	26,146
	-	26,146
	547,391	273,800

9. **Creditors: Amounts Falling Due Within One Year**

	2023	2022
	£	£
Trade creditors	79,187	96,589
Bank loans and overdrafts	30,456	27,643
Corporation tax	83,276	3,233
Other taxes and social security	9,852	14,911
Accruals and deferred income	42,796	94,221
Director's loan account	353	-
	245,920	236,597

10. Creditors: Amounts Falling Due After More Than One Year

	2023	2022
	£	£
Bank loans	96,885	110,572
	96,885	110,572

11. Share Capital

	2023	2022
	£	£
Allotted, Called up and fully paid	100	100

12. Ultimate Controlling Party

The company's ultimate controlling party is Mr J Rooney.

Focused Nutrition Limited
Trading Profit and Loss Account
For The Year Ended 31 December 2023

	2023		2022	
	£	£	£	£
TURNOVER				
Sales		2,676,215		1,850,939
COST OF SALES				
Opening stock and work in progress	126,719		84,384	
Purchases	1,313,775		1,060,200	
Freight & carriage	65,379		49,299	
Closing stock and work in progress	(115,090)		(126,719)	
		(1,390,783)		(1,067,164)
GROSS PROFIT		1,285,432		783,775
Administrative Expenses				
Directors' salaries	86,483		50,134	
Wages and salaries	507,716		326,909	
Sales commissions	6,300		8,900	
Staff training	-		854	
Rent	29,700		26,276	
Rates	11,835		8,856	
Light and heat	42,646		28,605	
Repairs and maintenance	25,977		14,679	
Cleaning	19,493		12,734	
Premises insurance	4,197		2,454	
Hire of plant & machinery	2,753		1,444	
Motor & travel	7,299		4,033	
Computer software, consumables and maintenance	9,989		5,662	
Printing, postage and stationery	1,924		1,344	
Advertising and marketing costs	16,866		17,226	
Telephone	2,905		2,983	
Accountancy fees	15,750		3,500	
Professional fees	24,687		9,795	
Subscriptions	3,025		1,449	
Factoring charges	18,977		24,044	
Bank charges	1,667		380	
Relocation costs	6,185		-	
Depreciation	34,581		21,200	
Sundry expenses	2,807		1,399	
		(883,762)		(574,860)
OPERATING PROFIT		401,670		208,915

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Interest payable and similar charges				
Bank interest payable	13,274		1,976	
		(13,274)		(1,976)
PROFIT BEFORE TAXATION		388,396		206,939
Tax on Profit				
Corporation tax charge	83,276		3,233	
R&D repayment claim	(20,338)		-	
Prior year adjustment	(82)		-	
		(62,856)		(3,233)
PROFIT AFTER TAXATION BEING PROFIT FOR THE FINANCIAL YEAR		325,540		203,706