

Registration number 722000

Health Essentials 4 Life Limited

Abridged accounts

for the year ended 30/06/25

Health Essentials 4 Life Limited

Company information

Directors	Catherine Fox Pat Fox
Secretary	Catherine Fox
Company number	722000
Registered office	Bective, Navan, Co. Meath.
Accountants	Sarah Thompson & Associates Bellevue, Bective Street, Kells, Co. Meath.
Business address	Fox House Bective, Navan, Co. Meath.
Bankers	AIB Bank Navan Co. Meath.

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Statement of Directors' responsibilities and declaration on unaudited financial statements

The directors made the following statement in respect of the unaudited financial statements:

General Responsibilities

Company law requires the directors to prepare financial statements for each financial period which give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period.

The directors are responsible for keeping proper books of account which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure the financial statements comply with the Companies Act 2014 and all Regulations to be construed as one with those Acts. They are responsible for ensuring that the company otherwise complies with the provisions of those Acts relating to financial statements in so far as they are applicable to the company. They have general responsibility for taking such steps as are reasonably open to them to safeguard the assets of the company and hence to prevent and detect fraud and other irregularities.

Directors' declaration on unaudited financial statements

In relation to the financial statements as set out on pages 3 to 4 :

- The directors approve these financial statements and confirm that they are responsible for them, including selecting the appropriate accounting policies, applying them consistently and making, on a reasonable and prudent basis, the judgements underlying them. They have prepared on the going concern basis on the grounds that the company will continue in business.
- The directors confirm that they have made available to Sarah Thompson & Associates , Certified Public Accountants , all the company's accounting records and provided all the information necessary for all the compilation of the financial statements.
- The directors confirm that to the best of their knowledge and belief, the accounting records reflect all the transactions of the company for the year ended 30th June 2025.

On behalf of the board

Pat Fox
Director

20th March 2026

Health Essentials 4 Life Limited

Accountants' report on the unaudited financial statements to the directors of Health Essentials 4 Life Limited

We have compiled the financial statements for the year ended 30/06/25 set out on pages 3 to 4.

Respective responsibilities of directors and accountants

As described on page 1 the directors are responsible for ensuring that the company maintains proper books of account and for preparing financial statements which give a true and fair view and have been properly prepared in accordance with the Companies Act 2014. You are responsible for deciding, on an annual basis, whether the company is entitled to avail of the exemption from statutory audit in accordance with Section 32, Companies (Amendment) (No 2) Act, 1999.

It is our responsibility to compile the financial statements of Health Essentials 4 Life Limited from the accounting records, information and explanations supplied to us by the company.

Scope of work

We have compiled the financial statements in accordance with the guidelines contained in - M14 revised Compiling and reposting on financial statements not subject to audit from the accounting records, information and explanations supplied to us by the company.

We have not audited or otherwise attempted to verify the accuracy or completeness of such records, information and explanations and, accordingly, express no opinion on the financial statements.

**Sarah Thompson & Associates
Certified Public Accountants
Bellevue, Bective Street,
Kells,
Co. Meath.**

Date: 20/03/26

Health Essentials 4 Life Limited

**Abridged balance sheet
as at 30/06/25**

	Notes	2025		2024	
		€	€	€	€
Debtors		10,854		10,257	
Cash at bank and in hand		100,421		90,291	
		<u>111,275</u>		<u>100,548</u>	
Creditors: amounts falling due within one year		119		(8,181)	
Net current assets			111,394		92,367
Net assets			<u>111,394</u>		<u>92,367</u>
Capital and reserves					
Called up share capital	2		100		100
Profit and loss account			111,294		92,267
Shareholders' funds			<u>111,394</u>		<u>92,367</u>

We as directors of Super Health Essentials Ltd state that :

a) the company is availing itself of the exemption provided for by Chapter 15 of Part 6 of the Companies Act 2014.

(b) the company is availing itself of the exemption on the grounds that the conditions specified in s.358 are satisfied.

(c) the shareholders of the company have not served a notice on the company under s.334(1) in accordance with s.334 (2),

(d) we acknowledge the company's obligations under the Companies Act 2014, to keep adequate accounting records and prepare Financial Statements which give a true and fair view of the assets, liabilities and financial position of the company at the end of its financial year and of its profit and loss for such a year and to otherwise comply with the provisions of the Companies Act 2014 relating to Financial Statements so far as they are applicable to the company.

(e) the company has relied on the specified exemption contained in s.352 Companies Act 2014; and has done so on the grounds that the company is entitled to the benefit of that exemption as a small company and the abridged Financial Statements have been properly prepared in accordance with s.353 Companies Act 2014.

On behalf of the board

Catherine Fox
Director

Pat Fox
Director

The notes on page 4 form an integral part of these financial statements.

Health Essentials 4 Life Limited

Notes to the abridged financial statements for the year ended 30/06/25

1. Accounting policies

1.1. Accounting convention

The accounts are prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective June 2002).

1.2. Turnover

Turnover represents the total invoice value, excluding value added tax, of sales made during the year.

2. Share capital

2025

€

Authorised

- Ordinary shares of 1 each

100,000

100,000

Allotted, called up and fully paid

100 Ordinary shares of 1 each

100

100