

B.L.F Nutrition Limited
Abridged Unaudited Financial Statements
for the financial year ended 28 February 2025

B.L.F Nutrition Limited
CONTENTS

	Page
Directors' Responsibilities Statement	3
Balance Sheet	4
Reconciliation of Shareholders' Funds	5
Notes to the Financial Statements	6 - 10

B.L.F Nutrition Limited

DIRECTORS' RESPONSIBILITIES STATEMENT

for the financial year ended 28 February 2025

The directors are responsible for preparing the Directors' Report and the financial statements in accordance with applicable Irish law and regulations.

Irish 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 the Companies Act 2014 and FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" issued by the Financial Reporting Council. Under company law, the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the assets, liabilities and financial position of the company as at the financial year end date and of the profit or loss of the company for the financial year and otherwise comply with the Companies Act 2014.

In preparing these financial statements, the directors are required to:

- select suitable accounting policies for the company financial statements and then apply them consistently;
- make judgements and accounting estimates that are reasonable and prudent;
- state whether the financial statements have been prepared in accordance with applicable accounting standards, identify those standards, and note the effect and the reasons for any material departure from those standards; and
- 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 ensuring that the company keeps or causes to be kept adequate accounting records which correctly explain and record the transactions of the company, enable at any time the assets, liabilities, financial position and profit or loss of the company to be determined with reasonable accuracy, enable them to ensure that the financial statements and Directors' Report comply with the Companies Act 2014. 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.

Signed on behalf of the board

Geraldine Byrne
Director

John Byrne
Director

15 November 2025

B.L.F Nutrition Limited

BALANCE SHEET

as at 28 February 2025

	Notes	2025 €	2024 €
Fixed Assets			
Tangible assets	7	<u>1,374,019</u>	<u>1,407,187</u>
Current Assets			
Stocks	8	310,000	275,000
Debtors	9	2,086,002	1,777,825
Cash and cash equivalents		190,776	304,222
		<u>2,586,778</u>	<u>2,357,047</u>
Creditors: amounts falling due within one year	10	<u>(1,635,689)</u>	<u>(1,651,903)</u>
Net Current Assets		<u>951,089</u>	<u>705,144</u>
Total Assets less Current Liabilities		<u>2,325,108</u>	<u>2,112,331</u>
Creditors:			
amounts falling due after more than one year	11	<u>(61,640)</u>	<u>(38,690)</u>
Net Assets		<u>2,263,468</u>	<u>2,073,641</u>
Capital and Reserves			
Called up share capital presented as equity		2	2
Revaluation reserve	12	5,079	5,079
Retained earnings		2,258,387	2,068,560
Equity attributable to owners of the company		<u>2,263,468</u>	<u>2,073,641</u>

We as Directors of B.L.F Nutrition Limited, 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 section 358 are satisfied,

(c) the shareholders of the company have not served a notice on the company under section 334(1) in accordance with section 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 or loss for such a financial 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 section 352 Companies Act 2014. The company 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 section 353 Companies Act 2014 and the small companies' regime.

Approved by the board on 15 November 2025 and signed on its behalf by:

Geraldine Byrne
Director

John Byrne
Director

B.L.F Nutrition Limited
RECONCILIATION OF SHAREHOLDERS' FUNDS

as at 28 February 2025

	Called up share capital	Revaluation reserve	Retained earnings	Total
	€	€	€	€
At 1 March 2023	2	5,079	1,732,634	1,737,715
Profit for the financial year	-	-	335,926	335,926
At 29 February 2024	2	5,079	2,068,560	2,073,641
Profit for the financial year	-	-	189,827	189,827
At 28 February 2025	2	5,079	2,258,387	2,263,468

B.L.F Nutrition Limited

NOTES TO THE ABRIDGED FINANCIAL STATEMENTS

for the financial year ended 28 February 2025

1. General Information

B.L.F Nutrition Limited is a company limited by shares incorporated in Ireland.

2. Summary of Significant Accounting Policies

The following accounting policies have been applied consistently in dealing with items which are considered material in relation to the company's financial statements.

Statement of compliance

The financial statements of the company for the year ended 28 February 2025 have been prepared on the going concern basis and in accordance with generally accepted accounting principles in Ireland and Irish statute comprising the Companies Act 2014 and in accordance with the Financial Reporting Standard applicable in the United Kingdom and the Republic of Ireland (FRS 102) issued by the Financial Reporting Council.

Basis of preparation

The financial statements have been prepared on the going concern basis and in accordance with the historical cost convention except for certain properties and financial instruments that are measured at revalued amounts or fair values, as explained in the accounting policies below. Historical cost is generally based on the fair value of the consideration given in exchange for assets. The financial reporting framework that has been applied in their preparation is the Companies Act 2014 and FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" issued by the Financial Reporting Council.

The company qualifies as a small company as defined by section 280A of the Companies Act 2014 in respect of the financial year, and has applied the rules of the 'Small Companies Regime' in accordance with section 280C of the Companies Act 2014.

Cash flow statement

The company has availed of the exemption in FRS 102 from the requirement to prepare a Cash Flow Statement because it is classified as a small company.

Turnover

Turnover comprises the invoice value of goods supplied by the company, exclusive of trade discounts and value added tax.

Tangible assets and depreciation

Tangible assets are stated at cost or at valuation, less accumulated depreciation. The charge to depreciation is calculated to write off the original cost or valuation of tangible assets, less their estimated residual value, over their expected useful lives as follows:

Land and buildings freehold	-	4% Straight line
Plant and machinery	-	15% Straight Line
Fixtures, fittings and equipment	-	15% Straight Line
Motor vehicles	-	15% Straight Line

The carrying values of tangible fixed assets are reviewed annually for impairment in periods if events or changes in circumstances indicate the carrying value may not be recoverable.

Leasing and hire purchases

Tangible assets held under leasing and Hire Purchases arrangements which transfer substantially all the risks and rewards of ownership to the company are capitalised and included in the Balance Sheet at their cost or valuation, less depreciation. The corresponding commitments are recorded as liabilities. Payments in respect of these obligations are treated as consisting of capital and interest elements, with interest charged to the Profit and Loss Account.

Stocks

Stocks are valued at the lower of cost and net realisable value. Cost comprises expenditure incurred in the normal course of business in bringing stocks to their present location and condition. Full provision is made for obsolete and slow moving items. Net realisable value comprises actual or estimated selling price (net of trade discounts) less all further costs to completion or to be incurred in marketing and selling.

B.L.F Nutrition Limited

NOTES TO THE ABRIDGED FINANCIAL STATEMENTS

for the financial year ended 28 February 2025

Trade and other debtors

Trade and other debtors are initially recognised at fair value and thereafter stated at amortised cost using the effective interest method less impairment losses for bad and doubtful debts except where the effect of discounting would be immaterial. In such cases the receivables are stated at cost less impairment losses for bad and doubtful debts.

Borrowing costs

Borrowing costs relating to the acquisition of assets are capitalised at the appropriate rate by adding them to the cost of assets being acquired. Investment income earned on the temporary investment of specific borrowings pending their expenditure on the assets is deducted from the borrowing costs eligible for capitalisation. All other borrowing costs are recognised in profit or loss in the period in which they are incurred.

Trade and other creditors

Trade and other creditors are initially recognised at fair value and thereafter stated at amortised cost using the effective interest rate method, unless the effect of discounting would be immaterial, in which case they are stated at cost.

Taxation and deferred taxation

Current tax represents the amount expected to be paid or recovered in respect of taxable profits for the financial year and is calculated using the tax rates and laws that have been enacted or substantially enacted at the Balance Sheet date.

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date where transactions or events have occurred at that date that will result in an obligation to pay more tax in the future, or a right to pay less tax in the future. Timing differences are temporary differences between the company's taxable profits and its results as stated in the financial statements.

Deferred tax is measured on an undiscounted basis at the tax rates that are anticipated to apply in the periods in which the timing differences are expected to reverse, based on tax rates and laws that have been enacted or substantively enacted by the balance sheet date.

Foreign currencies

Monetary assets and liabilities denominated in foreign currencies are translated at the rates of exchange ruling at the Balance Sheet date. Non-monetary items that are measured in terms of historical cost in a foreign currency are translated at the rates of exchange ruling at the date of the transaction. Non-monetary items that are measured at fair value in a foreign currency are translated using the exchange rates at the date when the fair value was determined. The resulting exchange differences are dealt with in the Profit and Loss Account.

Ordinary share capital

The ordinary share capital of the company is presented as equity.

3. Operating profit	2025	2024
	€	€
Operating profit is stated after charging:		
Depreciation of tangible assets	344,183	303,017
	<u> </u>	<u> </u>
4. Interest payable and similar expenses	2025	2024
	€	€
Interest	9,644	12,397
	<u> </u>	<u> </u>

B.L.F Nutrition Limited

NOTES TO THE ABRIDGED FINANCIAL STATEMENTS

for the financial year ended 28 February 2025

5. Employees

The average monthly number of employees, including directors, during the financial year was 0.00|0, (2024 - 17).

	2025 Number	2024 Number
Management	2	2
Staff	15	15
	<u>17</u>	<u>17</u>

6. Tax on profit

	2025 €	2024 €
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(a) Analysis of charge in the financial year

Current tax:

Corporation tax at 12.50% (2024 - 12.50%) (Note 6 (b))	<u>32,702</u>	<u>53,137</u>
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(b) Factors affecting tax charge for the financial year

The tax assessed for the financial year differs from the standard rate of corporation tax in Republic of Ireland 12.50% (2024 - 12.50%). The differences are explained below:

	2025 €	2024 €
Profit taxable at 12.50%	<u>222,529</u>	<u>389,063</u>
Profit before tax multiplied by the standard rate of corporation tax in Republic of Ireland at 12.50% (2024 - 12.50%)	27,816	48,633
Effects of:		
Depreciation in excess of capital allowances for period	<u>4,886</u>	<u>4,504</u>
Total tax charge for the financial year (Note 6 (a))	<u>32,702</u>	<u>53,137</u>

7. Tangible assets

	Land and buildings freehold €	Plant and machinery €	Fixtures, fittings and equipment €	Motor vehicles €	Total €
Cost					
At 1 March 2024	312,943	2,124,603	111,657	190,345	2,739,548
Additions	-	257,269	9,400	44,346	311,015
At 28 February 2025	<u>312,943</u>	<u>2,381,872</u>	<u>121,057</u>	<u>234,691</u>	<u>3,050,563</u>
Depreciation					
At 1 March 2024	11,139	1,086,584	101,105	133,533	1,332,361
Charge for the financial year	-	316,362	5,309	22,512	344,183
At 28 February 2025	<u>11,139</u>	<u>1,402,946</u>	<u>106,414</u>	<u>156,045</u>	<u>1,676,544</u>
Net book value					
At 28 February 2025	<u>301,804</u>	<u>978,926</u>	<u>14,643</u>	<u>78,646</u>	<u>1,374,019</u>
At 29 February 2024	<u>301,804</u>	<u>1,038,019</u>	<u>10,552</u>	<u>56,812</u>	<u>1,407,187</u>

B.L.F Nutrition Limited

NOTES TO THE ABRIDGED FINANCIAL STATEMENTS

for the financial year ended 28 February 2025

8. Stocks		2025	2024
		€	€
Finished goods and goods for resale		310,000	275,000
The replacement cost of stock did not differ significantly from the figures shown.			
9. Debtors		2025	2024
		€	€
Trade debtors		1,952,765	1,707,118
Directors' current accounts		28,126	23,126
Taxation		105,111	47,581
		2,086,002	1,777,825
10. Creditors		2025	2024
Amounts falling due within one year		€	€
Amounts owed to credit institutions		663,726	695,366
Net obligations under finance leases and hire purchase contracts		49,300	103,576
Trade creditors		881,672	791,791
Taxation		40,991	61,170
		1,635,689	1,651,903
11. Creditors		2025	2024
Amounts falling due after more than one year		€	€
Finance leases and hire purchase contracts		61,640	38,690
Net obligations under finance leases and hire purchase contracts			
Repayable within one year		49,300	103,576
Repayable between one and five years		61,640	38,690
		110,940	142,266
12. Income Statement			
	Revaluation reserve	Profit and loss account	Total
	€	€	€
At 1 March 2024	5,079	2,068,560	2,073,639
Profit for the financial year	-	189,827	189,827
At 28 February 2025	5,079	2,258,387	2,263,466
13. Directors' remuneration		2025	2024
		€	€
Remuneration		61,861	58,071
Pension contributions		5,805	5,805
		67,666	63,876

B.L.F Nutrition Limited

NOTES TO THE ABRIDGED FINANCIAL STATEMENTS

for the financial year ended 28 February 2025

14. Approval of financial statements

The financial statements were approved and authorised for issue by the board of directors on 15 November 2025.