



Alexander Howard

910056926

Director Information

Title	Mr	Honours	BSC (HONS)
Name	Alexander Howard	Number	910056926
Postcode	N19 5JT	Address	C/o The Optimum Health Clinic Bickerton House 25-27 Bickerton Road London
Date of birth	August 1980	Nationality	British
Total current directorships	2		

List of Current Directorships

Company Name	Number	Company Status	App. Date	Res. Date	Position
NAKED BUDDHA LIMITED	07373971	Active - Accounts Filed	13/09/2010		Director
THE OPTIMUM HEALTH CLINIC LIMITED	05251484	Active - Accounts Filed	06/10/2004		Director

List of Previous Directorships

Company Name	Number	Company Status	App. Date	Res. Date	Position
PROMISE VENTURES LTD	10983319	Company is dissolved	27/09/2017		Director
CONSCIOUS 2 LTD	09359175	Active - Accounts Filed	17/12/2014	02/01/2020	Director
PEAR ASSOCIATES LTD	07945053	Company is dissolved	10/02/2012		Director
THE OPTIMUM HEALTH CLINIC FOUNDATION	06773681	Active - Accounts Filed	15/12/2008	28/01/2013	Director
INTEGRAL HEALTH LIMITED	04878585	Company is dissolved	29/09/2004	31/03/2006	Director
ALEX HOWARD & ASSOCIATES LIMITED	04934527	Company is dissolved	16/10/2003		Director
HOWALIVE PRODUCTIONS LIMITED	04931942	Company is dissolved	14/10/2003		Director
PREMIER PERFORMANCE TECHNOLOGIES LIMITED	04768248	Company is dissolved	18/05/2003	14/12/2003	Director
HOWALIVE LIMITED	04627220	Company is dissolved	02/01/2003		Director