PRICING SUPPLEMENT

Filed pursuant to Rule 424(b)(2)
Registration Statement No. 333-112249 and 333-112249-01
Pricing Supplement No. 3 Dated July 22, 2004
(To Prospectus dated April 27, 2004, and
Prospectus Supplement dated April 27, 2004)
CUSIP: 02003MAC8
ISIN: US02003MAC82

Allstate Life Global Funding
Secured Medium Term Notes
Issued Through
Allstate Life Global Funding Trust 2004-3 (the "Trust")

The description in this pricing supplement of the particular terms of the Secured Medium Term Notes offered hereby supplements the description of the general terms and provisions of the notes set forth in the accompanying prospectus and prospectus supplement, to which reference is hereby made.

Prime Rate

| Principal Amount: \$300,000,000 | Agent(s) Discount: 0.100% |
|--|---|
| Issue Price: 99.664% | Original Issue Date: July 29, 2004 |
| Net Proceeds to the Trust: \$298,692,000 | Stated Maturity Date: July 30, 2007 |
| Funding Agreement Number(s): | FA-41072 |
| Specified Currency: | U.S. Dollars |
| Interest Payment Dates: | January 30 and July 30 in each year |
| Initial Interest Payment Date: | January 30, 2005 |
| Regular Record Dates: | 15 calendar days prior to each Interest Payment Date |
| Type of Interest Rate: | [v] Fixed Rate [] Floating Rate |
| Fixed Rate Notes: | [v] Yes [] No. If, Yes, |
| Interest Rate: | 3.50% |
| Floating Rate Notes: | [] Yes [v] No. If, Yes, |
| Regular Floating Rate Notes: Interest Rate: Interest Rate Basis(es): | [] Yes [] No. If, Yes, |
| Floating Rate/Fixed Rate Note: Floating Interest Rate: Interest Rate Basis(es): Fixed Interest Rate: Fixed Rate Commencement Date: | [] Yes [] No. If, Yes, |
| Inverse Floating Rate Note: Fixed Interest Rate: Floating Interest Rate: Interest Rate Basis(es): | [] Yes [] No. If, Yes, |
| Initial Interest Rate, if any: | |
| Initial Interest Reset Date: | |
| A-A-1 | |
| Interest Rate Basis(es). Check all that apply: [] CD Rate [] CMT Rate [] LIBOR [] EURIBOR | [] Commercial Paper Rate[] Eleventh District Cost of Funds Rate[] Federal Funds Rate[] Treasury Rate |

] Other (See Attached)

| If LIBOR: | | |
|--|---|--|
| [] LIBOR Reuters Page | [] LIBOR Moneyline Telerate Page | |
| LIBOR Currency: | | |
| <pre>If CMT Rate: Designated CMT Telerate Page: If 7052:</pre> | [] Weekly Average [] Monthly Average | |
| Designated CMT Maturity Index: | | |
| Index Maturity: | | |
| Spread (+/-): | | |
| Spread Multiplier: | | |
| <pre>Interest Reset Date(s):</pre> | | |
| Interest Rate Determination Date(s): | | |
| Maximum Interest Rate, if any: | | |
| Minimum Interest Rate, if any; | | |
| Calculation Agent: | Not applicable | |
| Exchange Rate Agent: | Not applicable | |
| Computation of Interest (not applicable unless difthe prospectus and prospectus supplement): | ferent than as specified in | |
| Day Count Convention (not applicable unless difference prospectus and prospectus supplement): | ent than as specified in the | |
| Amortizing Note: Amortizing Schedule: Additional/Other Terms: | [] Yes [v] No. If, Yes, | |
| Discount Note: Total Amount of Discount: Initial Accrual Period of Discount: Additional/Other Terms: | [] Yes [v] No. If, Yes, | |
| Initial Redemption Date: Initial Redemption Percentage: Annual Redemption Percentage Reduction (if any | | |
| Redemption: | [] In whole only and not in part [] May be in whole or in part | |
| Additional/Other Terms: Repayment: | [] Yes [v] No. If, Yes, | |

Repayment:
Repayment Date(s):

| Repayment Price: Repayment: Additional/Other Terms: | [] In whole only and not in part [] May be in whole or in part | |
|--|---|---|
| Sinking Fund (not applicable unless specified): | | |
| Additional Amounts to be Paid for Withholding Tax specified): | (not applicable unless | |
| Securities Exchange Listing: | [] Yes [v] No. If Yes, Name of Exc | hange: |
| Authorized Denominations: | \$1,000 | |
| Ratings: The Notes issued under the Program are rated Ratings Services, a division of The McGraw Hi Life anticipates Moody's Investors Service, I the Original Issue Date. | ll Companies, Inc. Allstate | |
| Agent(s) Purchasing Notes as Principal: | [v] Yes [] No. If Yes, | |
| Agent(s) | Pr | incipal Amount |
| Merrill Lynch, Pierce, Fenner & Smith Incorporated Lehman Brothers Inc. Total: | | \$150,000,000 \$150,000,000 \$300,000,000 |
| Agent(s) Acting as Agent: | [] Yes [v] No. If Yes, | ======== |
| Agent(s) | Principal Amount | |
| Total: Additional/Other Terms: Not applicable | | |
| Martinar, Jener Termor Hot apprioable | | |

Special Tax Considerations: Not applicable