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.

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:	

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Interest Rate Basis(es). Check all that apply:	
[] CD Rate	<pre>[] Commercial Paper Rate</pre>
[] CMT Rate	[] Eleventh District Cost of Funds Rate
[] LIBOR	[] Federal Funds Rate
[] EURIBOR	[] Treasury Rate
[] Prime Rate	[] Other (See Attached)

If LIBOR:] LIBOR Reuters Page [] LIBOR Moneyline Telerate Page LIBOR Currency: If CMT Rate: Designated CMT Telerate Page:] Weekly Average If 7052: Г] Monthly Average Designated CMT Maturity Index: Index Maturity: Spread (+/-): Spread Multiplier: Interest Reset Date(s): 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 different than as specified in the prospectus and prospectus supplement): Day Count Convention (not applicable unless different than as specified in the prospectus and prospectus supplement): Amortizing Note: [] Yes [v] No. If, Yes, Amortizing Schedule: Additional/Other Terms: Discount Note: [] Yes [v] No. If, Yes, Total Amount of Discount: Initial Accrual Period of Discount: Additional/Other Terms: Redemption Provisions: [] Yes [v] No. If, Yes, Initial Redemption Date: Initial Redemption Percentage: Annual Redemption Percentage Reduction (if any):] In whole only and not in part Redemption: Γ] May be in whole or in part Additional/Other Terms: Repayment: [] Yes [v] No. If, Yes, Repayment Date(s):

Repayment Price:] In whole only and not in part Repayment: Г] May be in whole or in part Additional/Other Terms: Sinking Fund (not applicable unless specified): Additional Amounts to be Paid for Withholding Tax (not applicable unless specified): Securities Exchange Listing: [] Yes [v] No. If Yes, Name of Exchange: Authorized Denominations: \$1,000 Ratings: The Notes issued under the Program are rated "AA" by Standard & Poor's Ratings Services, a division of The McGraw Hill Companies, Inc. Allstate Life anticipates Moody's Investors Service, Inc. to rate the Notes "Aa2" at the Original Issue Date. Agent(s) Purchasing Notes as Principal: [v] Yes [] No. If Yes, Principal Amount Agent(s) _____ -----Merrill Lynch, Pierce, Fenner & Smith Incorporated \$150,000,000 Lehman Brothers Inc. \$150,000,000 Total: \$300,000,000 Agent(s) Acting as Agent: [] Yes [v] No. If Yes, Agent(s) Principal Amount -----Total: Additional/Other Terms: Not applicable

Special Tax Considerations: Not applicable