

The following is a supplement to your Allstate variable annuity prospectus. Please review and retain this supplement with your current prospectus. If you have any questions, call 1-800-654-2397.

Allstate Life Insurance Company
Allstate Financial Advisors Separate Account I
Allstate Variable Annuity
Allstate Variable Annuity L-Share

Supplement dated January 13, 2006
to
Prospectus dated April 30, 2005, as previously supplemented

This supplement announces the change in investment objective for four portfolios corresponding to variable sub-accounts that may be available under your Contract depending on the date you purchased your Contract.

The section entitled "Investment Alternatives: The Variable Sub-Accounts" lists the investment objective for each portfolio corresponding to the Variable Sub-Accounts. Effective January 13, 2006, the table below outlines the new investment objective for the following portfolios:

<u>Portfolio</u>	<u>Investment Objective</u>
AllianceBernstein Growth Portfolio – Class B	Long-term growth of capital.
AllianceBernstein Growth and Income Portfolio – Class B*	Long-term growth of capital.
AllianceBernstein Large Cap Growth Portfolio – Class B*	Long-term growth of capital.
AllianceBernstein Utility Income Portfolio – Class B	Current income and long-term growth of capital.

* Effective May 1, 2005, the AllianceBernstein Growth and Income – Class B Sub-Account and AllianceBernstein Large Cap Growth – Class B Sub-Account are no longer available for new investments. If you are currently invested in these Variable Sub-Accounts, you may continue your investments.