

FILE NO. 333- _____

SECURITIES AND EXCHANGE COMMISSION

WASHINGTON, D.C. 20549

FORM S-3

REGISTRATION STATEMENT UNDER THE SECURITIES ACT OF 1933

ALLSTATE LIFE INSURANCE COMPANY
(Exact Name of Registrant)

ILLINOIS 36-2554642
(State or Other Jurisdiction of (I.R.S. Employer
Incorporation or Organization) Identification Number)

3100 SANDERS ROAD
NORTHBROOK, ILLINOIS 60062
847/402-5000

(Address and Phone Number of Principal Executive Office)

MICHAEL J. VELOTTA
SENIOR VICE PRESIDENT, SECRETARY AND GENERAL COUNSEL
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3100 SANDERS ROAD, SUITE J5B
NORTHBROOK, ILLINOIS 60062
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(Name, Complete Address and Telephone Number of Agent for Service)

COPIES TO:

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WASHINGTON, D.C. 20007 NORTHBROOK, IL 60062

Approximate date of commencement of proposed sale to the public: The annuity contracts and interests thereunder covered by this registration statement are to be issued promptly and from time to time after the effective date of this registration statement.

If any of the securities being registered on this Form are to be offered on a delayed or continuous basis pursuant to Rule 415 under the Securities Act of 1933, other than securities offered only in connection with dividend or interest reinvestment plans, check the following box: /X/

CALCULATION OF REGISTRATION FEE

Title of securities to be registered	Amount to be registered(1)	Proposed maximum offering price per unit	Proposed maximum aggregate offering price(1)	Amount of registration fee
Deferred annuity interests	\$200,000,000	(2)	\$200,000,000	\$16,200

(1) Estimated solely for purpose of determining the registration fee.

(2) The Contract does not provide for a predetermined amount or number of units.

Registrant hereby amends this Registration Statement on such date or dates as may be necessary to delay its effective date until the Registrant shall file a further amendment which specifically states that this Registration Statement shall thereafter become effective in accordance with Section 8(a) of the Securities Act of 1933 or until the Registration Statement shall become effective on such date as the Commission, acting pursuant to Section 8(a), may determine.

ALLSTATE(R) CHOICERATE ANNUITY

ALLSTATE LIFE INSURANCE COMPANY
3100 SANDERS ROAD
NORTHBROOK, IL 60062
TELEPHONE NUMBER: 1-800-203-0068

PROSPECTUS DATED , 2003

Allstate Life Insurance Company ("ALLSTATE LIFE") is offering the ChoiceRate Annuity, a group and individual single premium deferred annuity contract ("CONTRACT"). This prospectus contains information about the Contract that you should know before investing. Please keep it for future reference.

The Contract is available through Allstate Distributors, L.L.C., the principal underwriter for the Contract.

THE SECURITIES AND EXCHANGE COMMISSION ("SEC") HAS NOT APPROVED OR DISAPPROVED THE SECURITIES DESCRIBED IN THIS PROSPECTUS, NOR HAS IT PASSED ON THE ACCURACY OR THE ADEQUACY OF THIS PROSPECTUS. ANYONE WHO TELLS YOU OTHERWISE IS COMMITTING A FEDERAL CRIME.

IMPORTANT
NOTICES

THE CONTRACTS MAY BE DISTRIBUTED THROUGH BROKER-DEALERS THAT HAVE RELATIONSHIPS WITH BANKS OR OTHER FINANCIAL INSTITUTIONS OR BY EMPLOYEES OF SUCH BANKS. HOWEVER, THE CONTRACTS ARE NOT DEPOSITS OR OBLIGATIONS OF, OR GUARANTEED BY SUCH INSTITUTIONS OR ANY FEDERAL REGULATORY AGENCY. INVESTMENT IN THE CONTRACTS INVOLVES INVESTMENT RISKS, INCLUDING POSSIBLE LOSS OF PRINCIPAL.

THE CONTRACTS ARE NOT FDIC INSURED.

TABLE OF CONTENTS

PAGE

OVERVIEW

Important Terms

The Contract At A Glance

How the Contract Works

CONTRACT FEATURES

The Contract

Purchases and Contract Value

Guarantee Periods

Expenses

Access To Your Money

Income Payments

Death Proceeds

PAGE

OTHER INFORMATION

More Information About:

Allstate Life

The Contract

Tax Qualified Plans

Legal Matters

Taxes

Experts

Annual Reports and Other Documents

Appendix A - Market Value Adjustment

IMPORTANT TERMS

This prospectus uses a number of important terms with which you may not be familiar. The index below identifies the page that describes each term. The first use of each term in this prospectus appears in highlighted text.

PAGE

Accumulation Phase

Adjusted Withdrawal Request Amount

Allstate Life ("We")

Annuitant

Beneficiary

Bonus Rate

Bonus Rate Specified Amount

*Contract

Contract Owner ("You")

Contract Value

Death Proceeds

Due Proof of Death

Free Withdrawal Amount

Guarantee Period Accounts

PAGE

Guarantee Period Account Value

Income Plans

Issue Date

Market Value Adjustment

New Account Start Date

Payout Phase

Payout Start Date

Qualified Contract

Trial Examination Period

SEC

Systematic Withdrawal Program

Window Period

Withdrawal Request Amount

*In certain states the Contract is only available as a group Contract. In these states we issued you a certificate that represents your ownership and summarizes the provisions of the group Contract. References to "Contract" in this prospectus include certificates unless the context requires otherwise.

THE CONTRACT AT A GLANCE

The following is a snapshot of the Contract. Please read the remainder of this prospectus for more information.

PURCHASE PAYMENT You can purchase a Contract with as little as \$10,000.

We reserve the right to accept a lesser purchase payment amount for the Contract. We may limit the amount of the purchase payment to a maximum of \$1,000,000. You cannot make any additional purchase payments at any time.

TRIAL EXAMINATION PERIOD You may cancel your Contract within 20 days of receipt or any longer period as your state may require ("TRIAL EXAMINATION PERIOD"). Upon cancellation, we will return your purchase payment less any withdrawals to you. See "Trial Examination Period" for details.

EXPENSES You will bear the following expenses:

.Withdrawal charges ranging from 0%-7% of amounts withdrawn (with certain exceptions).

.A MARKET VALUE ADJUSTMENT (which can be positive or negative) for withdrawals except those taken during the 45 day window period ("WINDOW PERIOD") following the end of a Guarantee Period.

.State premium tax (if your state imposes one).

SYSTEMATIC WITHDRAWAL PROGRAM You may choose to receive systematic withdrawal payments on a monthly, quarterly, semi-annual, or annual basis.

INCOME PAYMENTS The Contract offers three income payment plans:

.life income with or without guaranteed payment period;

.a joint and survivor life income with or without guaranteed payment period; or

.guaranteed payment period (5 to 50 years)

DEATH PROCEEDS If you or the ANNUITANT (if the Contract Owner is a non-living person) dies before the PAYOUT START DATE, we will pay benefits as described in the Contract.

WITHDRAWALS You may withdraw some or all of your Contract value ("CONTRACT VALUE") at any time prior to the Payout Start Date. A withdrawal charge and/or a Market Value Adjustment may apply. For federal income tax purposes, distributions or withdrawals taken prior to the Payout Start Date are generally considered to come from the earnings in the Contract first. If the Contract is tax-qualified, generally all withdrawals are treated as distributions of earnings. Withdrawals of earnings are taxed as ordinary income and, if taken prior to age 59 1/2, may be subject to an additional 10% federal tax penalty.

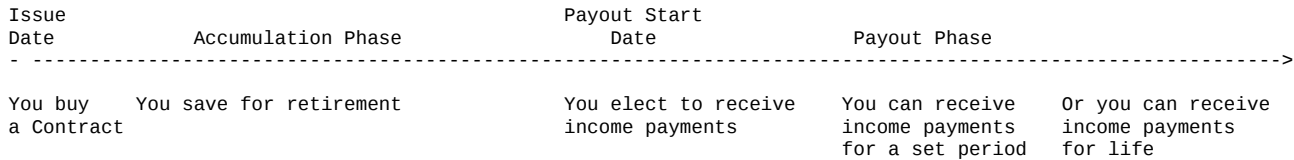
HOW THE CONTRACT WORKS

The Contract basically works in two ways.

First, the Contract can help you (we assume you are the "CONTRACT OWNER") save for retirement because you can invest in the Contract and generally pay no federal income taxes on any earnings until you withdraw them. You do this during what we call the "ACCUMULATION PHASE" of the Contract. The Accumulation Phase begins on the date we issue your Contract (we call that date the "ISSUE DATE") and continues until the "PAYOUT START DATE," which is the date we apply your money to provide income payments. During the Accumulation Phase, you may allocate your purchase payment to any combination of the Guarantee Periods. You will earn a fixed rate of interest that we declare periodically.

Second, the Contract can help you plan for retirement because you can use it to receive retirement income for life and/ or for a pre-set number of years by selecting one of the income payment options (we call these "INCOME PLANS") described on page ___. You receive income payments during what we call the "PAYOUT PHASE" of the Contract, which begins on the Payout Start Date and continues until we make the last income payment required by the Income Plan you select. During the Payout Phase we guarantee the amount of your payments, which will remain fixed. The amount of money you accumulate under your Contract during the Accumulation Phase and apply to an Income Plan will determine the amount of your income payments during the Payout Phase.

The timeline below illustrates how you might use your Contract.



As the Contract Owner, you exercise all of the rights and privileges provided by the Contract. If you die, any surviving Contract Owner or, if none, the BENEFICIARY will exercise the rights and privileges provided by the Contract. See "The Contract." In addition, if you die before the Payout Start Date we will pay DEATH PROCEEDS to any surviving Contract Owner or, if there is none, to your Beneficiary. (See "Death Proceeds.")

Please call us at 1-800-203-0068 if you have any questions about how the Contract works.

THE CONTRACT

CONTRACT OWNER

The Allstate(R) ChoiceRate Annuity is a contract between you, the Contract Owner, and Allstate Life, a life insurance company. As the Contract Owner, you may exercise all of the rights and privileges provided to you by the Contract. That means it is up to you to select or change (to the extent permitted):

- .. the amount and timing of your withdrawals,
- .. the programs you want to use to withdraw money,
- .. the income payment plan you want to use to receive retirement income,
- .. the Annuitant (either yourself or someone else) on whose life the income payments will be based,
- .. the Beneficiary or Beneficiaries who will receive the benefits that the Contract provides when the last surviving Contract Owner dies, and
- .. any other rights that the Contract provides.

If you die, any surviving Contract Owner or, if none, the Beneficiary may exercise the rights and privileges provided to them by the Contract. If the sole surviving Contract Owner dies after the Payout Start Date, the Beneficiary will receive any guaranteed income payments scheduled to continue.

The Contract cannot be jointly owned by both a non-living person and a living person. The age of the oldest Contract Owner cannot exceed 90 as of the date we receive the completed application.

The Contract also can be purchased as part of a qualified plan. A qualified plan is a personal retirement savings plan, such as an IRA or tax-sheltered annuity, that meets the requirements of the Internal Revenue Code. Qualified plans may limit or modify your rights and privileges under the Contract. We use the term "QUALIFIED CONTRACT" to refer to a Contract issued within a qualified plan. See "Tax Qualified Plans" on page .

Except for certain Qualified Contracts, you may change the Contract Owner at any time by written notice in a form satisfactory to us. Until we receive your written notice to change the Contract Owner, we are entitled to rely on the most recent information in our files. We will provide a change of ownership form to be signed by you and filed with us. Once we accept your change request, any change will be effective on the date you sign the written request. We will not be liable for any payment we make or other action we take before accepting any written request from you. Accordingly, if you wish to change the Contract Owner, you should deliver your written request to us promptly. Changing ownership of this Contract may cause adverse tax consequences and may not be allowed under qualified plans. Please consult with a competent tax advisor prior to making a request for a change of Contract Owner.

ANNUITANT

The Annuitant is the individual whose life determines the amount and duration of income payments (other than under Income Plans with guaranteed payments for a specified period). The Contract requires that there be an Annuitant at all times during the Accumulation Phase and on the Payout Start Date. The Annuitant must be a living person. The Annuitant may not be older than 90 as of the date we receive the completed application.

You initially designate an Annuitant in your application. You (or the youngest Contract Owner if there is more than one) will be the Annuitant unless a different person is named. If the Contract Owner is a living person, you may change the Annuitant at any time prior to the Payout Start Date in a form satisfactory to us.

Once we accept your change request, any change will be effective on the date you sign the written request. We are not liable for any payment we make or other action we take before accepting any written request from you.

If you select Income Plan 2, you may designate a joint Annuitant, who is a second person on whose life income payments depend. A joint Annuitant designation is effective only on the Payout Start Date and remains effective thereafter.

BENEFICIARY

You may name one or more primary and contingent Beneficiaries when you apply for a Contract. The primary Beneficiary is the person who may, in accordance with the terms of the Contract, elect to receive the Death Proceeds or become the new Contract Owner pursuant to the Contract if the sole surviving Contract Owner dies before the Payout Start Date. If the sole surviving Contract Owner dies on or after the Payout Start Date, the primary Beneficiary will receive any guaranteed income payments scheduled to continue. A contingent Beneficiary is the person selected by the Contract Owner who will exercise the rights of the primary Beneficiary if all named primary Beneficiaries die before the death of the sole surviving Contract Owner.

You may change or add Beneficiaries at any time, unless you have designated an irrevocable Beneficiary. We will provide a change of Beneficiary request form to be signed by you and filed with us. Until we receive your written request to change a Beneficiary, we are entitled to rely on the most recent Beneficiary information in our files. Once we accept your change request, any change will be effective on the date you sign the written request. We are not liable for any

payment we make or other action we take before accepting any written request from you. Accordingly, if you wish to change your Beneficiary, you should deliver your written notice to us promptly.

If you did not name a Beneficiary or, unless otherwise provided in the Beneficiary designation, if no named

Beneficiary is living when the sole surviving Contract Owner dies, the new Beneficiary will be:

- .. your spouse, or if he or she is no longer alive,
- .. your surviving children equally, or if you have no surviving children,
- .. your estate.

Children, as used in this prospectus, are natural and adopted children only, either minor or adult.

If more than one Beneficiary survives you, we will divide the Death Proceeds among the surviving Beneficiaries according to your most recent written instructions. If you have not given us written instructions in a form satisfactory to us, we will pay the Death Proceeds in equal amounts to the surviving Beneficiaries. If there is more than one Beneficiary in a class (e.g., more than one primary Beneficiary) and one of the Beneficiaries predeceases the Contract Owner, the remaining Beneficiaries in that class will divide the deceased Beneficiary's share in proportion to the original share of the remaining Beneficiaries.

For purposes of the Contract, in determining whether a living person, including a Contract Owner, primary Beneficiary, contingent Beneficiary, or Annuitant ("Living Person A") has survived another living person, including a Contract Owner, primary Beneficiary, contingent Beneficiary, or Annuitant ("Living Person B"), Living Person A must survive Living Person B by at least 24 hours.

Otherwise, Living Person A will be conclusively deemed to have predeceased Living Person B.

MODIFICATION OF THE CONTRACT

Only an Allstate Life officer may authorize a change in or waive any provision of the Contract. Any change or waiver must be in writing. None of our agents has the authority to change or waive the provisions of the Contract. We may not change the terms of the Contract without your consent, except to conform the Contract to applicable law or changes in the law or except as otherwise permitted in the Contract. If a provision of the Contract is inconsistent with state law, we will follow state law.

ASSIGNMENT

No Contract Owner has a right to assign any interest in a Contract as collateral or security for a loan, and we will not honor an assignment of an interest in a Contract as collateral or security for a loan. However, you may otherwise assign periodic income payments under the Contract prior to the Payout Start Date. No Beneficiary may assign benefits under the Contract until they are due. We will not be bound by any assignment until you sign and file it with us. We are not responsible for the validity of any assignment. Federal law prohibits or restricts the assignment of benefits under many types of retirement plans and the terms of such plans may themselves contain restrictions on assignments. An assignment may also result in taxes or tax penalties. YOU SHOULD CONSULT WITH AN ATTORNEY BEFORE TRYING TO ASSIGN YOUR CONTRACT.

PURCHASES AND CONTRACT VALUE

PURCHASE PAYMENT

Your purchase payment must be at least \$10,000. No additional purchase payments may be made to the Contract at any time. We reserve the right to accept a lesser initial purchase payment amount. The maximum amount of the purchase payment we will accept for the Contract without our prior approval is \$1,000,000. We reserve the right to reject any application.

Your purchase payment becomes part of our general account, which supports our insurance and annuity obligations. The general account consists of our general assets other than those in segregated asset accounts. We have sole discretion to invest the assets of the general account, subject to applicable law. You do not share in the investment experience of the general account.

ALLOCATION OF PURCHASE PAYMENT

At the time you apply for a Contract, you must decide how to allocate your purchase payment amount among the Guarantee Periods. A Guarantee Period is a period of years during which you will earn a guaranteed interest rate on your money.

We will apply your purchase payment to the Guarantee Period you select within 7 days of the receipt of the payment and required information.

CONTRACT VALUE AND GUARANTEE PERIOD ACCOUNT VALUE

Your Contract Value at any time during the Accumulation Phase is equal to the sum of all Guarantee Period Account Values. Each Guarantee Period Account Value is equal to the amount of the purchase payment allocated to a Guarantee Period Account;

- .. plus credited interest to the GUARANTEE PERIOD ACCOUNT;
- .. less withdrawals of the purchase payment and/or less withdrawals of interest from that Guarantee Period Account; and
- .. if any such withdrawal is a Net Withdrawal (see "Access to Your Money"),

.. any applicable withdrawal charge and taxes imposed for such withdrawal also will be deducted from each applicable Guarantee Period Account; and

.. the withdrawal will be subject to a Market Value Adjustment, which may decrease or increase the Guarantee Period Account Value.

Under a Gross Withdrawal, adjustments will be made to your Withdrawal Request Amount rather than the remaining Guarantee Period Account Value, for withdrawal charges, taxes and Market Value Adjustments.

RIGHT TO CANCEL

You may cancel your Contract within the Trial Examination Period, which is the 20-day period following receipt of your Contract, or such longer period that your state may require. You may cancel the Contract by delivering it or mailing it to us. If you exercise this right to cancel, the Contract terminates and we will return the purchase payment less any withdrawals to you.

GUARANTEE PERIODS

You may allocate your purchase payment to a specific Guarantee Period Account or you may divide your purchase payment among multiple Guarantee Period Accounts. Your Guarantee Period Account Value allocated to a Guarantee Period Account will earn interest at a specified rate that we guarantee. Currently, we offer Guarantee Periods of 1, 3, 4, 5, 6, 7, 8, 9, and 10 years in length. We reserve the right to offer additional Guarantee Periods, or to limit the Guarantee Periods available in the future. A new Guarantee Period Account is established when:

.. you allocate your original purchase payment; and

.. the Guarantee Period Account Value of an expiring Guarantee Period Account is applied to establish a new Guarantee Period Account.

Each Guarantee Period Account is identified by the date the Guarantee Period Account was established and the term length of the Guarantee Period Account.

INTEREST RATES

We will tell you what interest rates we are offering at a particular time. We will not change the interest rate that we credit to a Guarantee Period Account until it expires. The rates we quote will fluctuate from time to time and will vary depending upon the date a Guarantee Period Account begins. We have no specific formula for determining the annualized effective interest rate that we will declare initially or in the future. We will set interest rates based on investment returns available at the time of the determination. In addition, we may consider various other factors in determining interest rates including regulatory and tax requirements, sales commissions and administrative expenses, general economic trends, and competitive factors. We determine the interest rates to be declared in our sole discretion. We can neither predict nor guarantee what those rates will be in the future. For current interest rate information, please contact your financial representative or Allstate Life at 1-800-203-0068.

From time to time we may offer an increase in the annualized effective interest rate ("BONUS RATE") that we will apply to a new Guarantee Period Account. For the Bonus Rate to apply, your Contract Value must equal or exceed a specified amount ("BONUS RATE SPECIFIED AMOUNT") on the date the Guarantee Period Account is established and on the day after:

.. the Trial Examination Period ends; or

.. the Window Period ends.

Once the Trial Examination Period or the Window Period ends (as applicable), we will apply the Bonus Rate retroactively from the beginning of the applicable Guarantee Period.

The Bonus Rate that applies to a new Guarantee Period Account will not change until the Guarantee Period Account expires. Bonus Rates and Bonus Rate Specified Amounts will fluctuate from time to time and will vary depending upon the date a Guarantee Period Account begins.

We declare Bonus Rates and Bonus Rate Specified Amounts in our sole discretion. We can neither predict nor guarantee what those Bonus Rates or Bonus Rate Specified Amounts will be, or whether we will declare Bonus Rates in the future. For current Bonus Rate and Bonus Rate Specified Amount information, please contact your financial representative or Allstate Life at 1-800-203-0068.

HOW WE CREDIT INTEREST

We will credit interest to your purchase payment beginning on the Issue Date. The interest credited to the initial Guarantee Period Account(s) will depend on the annualized effective interest rate we declared when your purchase payment was allocated to such Guarantee Period Account(s). Interest will be credited to a renewed Guarantee Period Account at the annualized effective interest rate declared by us at our discretion, from the day immediately following the day the prior Guarantee Period Account expires ("NEW ACCOUNT START DATE"). Interest will be credited daily at a rate which compounds over each year to such annualized effective interest rate. Your annualized effective interest rate includes Bonus Rates, if applicable.

The following example illustrates how a \$10,000 purchase payment would grow, if allocated to a 5 year

Guarantee Period, crediting a hypothetical 4.50% annualized effective interest rate:

Purchase Payment	\$10,000
Guarantee Period	5year
Annualized Effective Interest Rate	4.50%

	YEAR 1	END OF CONTRACT YEAR YEAR 2	YEAR 3	YEAR 4	YEAR 5
Beginning Contract Value..	\$10,000.00				
X (1 + Annual Interest Rate)	1.045				

Contract Value at end of Contract Year...	\$10,450.00	\$10,450.00			
X (1 + Annual Interest Rate)		1.045			

Contract Value at end of Contract Year...		\$10,920.25	\$10,920.25		
X (1 + Annual Interest Rate)			1.045		

Contract Value at end of Contract Year...			\$11,411.66	\$11,411.66	
X (1 + Annual Interest Rate)				1.045	

Contract Value at end of Contract Year...				\$11,925.19	\$11,925.19
X (1 + Annual Interest Rate)					1.045

Contract Value at end of Contract Year...					\$12,461.82

The example above assumes no withdrawals were made during the entire 5 year period. If you were to make a partial withdrawal, you may be required to pay a withdrawal charge (see "Withdrawal Charge"). In addition, the amount withdrawn may be increased or decreased by a Market Value Adjustment that reflects changes in interest rates since the time you invested the amount withdrawn (see "Market Value Adjustment"). The hypothetical annualized effective interest rate is for illustrative purposes only and is not intended to predict future interest rates to be declared under the Contract. Actual interest rates declared for any given Guarantee Period may be more or less than shown above.

RENEWALS. Before the end of each Guarantee Period Account, we will mail you a notice informing you of the options available to you for the expiring Guarantee Period Account. During the Window Period, you may either:

- 1) apply the Guarantee Period Account Value to new Guarantee Period Account(s). The new Guarantee Period Account will begin on the New Account Start

Date at the annualized effective interest rate we declared for the new Guarantee Period Account; or

- 2) withdraw all or a portion of your money in the expiring Guarantee Period Account without incurring a withdrawal charge or a Market Value Adjustment.

If we do not receive an election from you within the Window Period, a new Guarantee Period Account of the same duration as the previous Guarantee Period Account is automatically established at the new interest rate. If a Guarantee Period Account of the same duration is no longer offered, then we will allocate the amount in the expiring Guarantee Period Account to a new Guarantee Period Account with the next shortest duration then offered.

If you choose to make a withdrawal from an expiring Guarantee Period Account during the Window Period and:

- 1) we receive your request to make a withdrawal on or before the New Account Start Date, then the withdrawal will be deemed to have occurred on the New Account Start Date; or
- 2) we receive your request to make a withdrawal during the Window Period, then the withdrawal will be made on the day we process your withdrawal request and the amount withdrawn will earn interest, at the rate we declared for a Guarantee Period Account of the same term length as the expiring Guarantee Period Account, for the period beginning on the New Account Start Date and ending on the day your withdrawal is processed.

Any remaining balance not withdrawn will earn interest at the new interest rate for the remainder of the new Guarantee Period Account.

MARKET VALUE ADJUSTMENT

Withdrawals, unless expressly exempted, may be subject to a Market Value Adjustment.

We will not apply the Market Value Adjustment to:

- .. withdrawals you make to satisfy IRS minimum distribution rules for the Contract;
- .. withdrawals made within the Free Withdrawal Amount, described under "Expenses" below;
- .. withdrawals made during the Window Period, as described in Renewals, above;
- .. amounts paid during the Payout Phase; or
- .. amounts paid as Death Proceeds in a lump sum.

We apply the Market Value Adjustment to reflect changes in interest rates from the date a Guarantee Period Account was established to the time you make the withdrawal.

We calculate the Market Value Adjustment by comparing the Constant Maturity Treasury Rate ("Treasury Rate") for a maturity equal to the term length of the Guarantee Period Account for the week prior to the date the Guarantee Period Account begins to the Treasury Rate for a maturity equal to the term length of that Guarantee Period Account for the week prior to the date we receive your withdrawal request.

The Market Value Adjustment may be positive or negative, depending on changes in the Treasury Rate. As a result, you bear the investment risk associated with changes in the Treasury Rate. If the Treasury Rate increases significantly from the time the Guarantee Period Account began, the Market Value Adjustment, any applicable withdrawal charge, premium taxes, and income tax withholding (if applicable) could reduce the amount you receive upon full withdrawal of your Contract Value to an amount that is less than your original purchase payment or less than the beginning value of your Guarantee Period Account.

Generally, if the Treasury Rate at the beginning of the Guarantee Period Account is lower than the current Treasury Rate upon withdrawal, then the Market Value Adjustment will result in a lower amount payable to you. Conversely, if the Treasury Rate at the beginning of the Guarantee Period Account is higher than the current Treasury Rate, then the Market Value Adjustment will result in a higher amount payable to you.

For example, assume that you purchase a Contract and the Treasury Rate on the day you purchase the Contract is 4.50%. Assume that at the end of 3 years, you make a partial withdrawal in excess of the Free Withdrawal Amount. If, at that later time, the Treasury Rate is 4.00%, then the Market Value Adjustment will be positive, which will result in an increase in the amount payable to you. Conversely, if the Treasury Rate is 5.00%, then the Market Value Adjustment will be negative, which will result in a decrease in the amount payable to you.

The Market Value Adjustment also depends upon the amount of time remaining prior to the expiration of the current Guarantee Period Account. The formula for calculating Market Value Adjustments is set forth in Appendix A to this prospectus, which also contains additional examples of the application of the Market Value Adjustment.

For a Gross Withdrawal the Market Value Adjustment equals a Market Value Adjustment Factor multiplied by the amount by which your Withdrawal Request Amount exceeds the Free Withdrawal Amount for the Guarantee Period Account.

For a Net Withdrawal the Market Value Adjustment is calculated such that you receive the full Withdrawal Request Amount. The calculation of the Market Value

Adjustment takes into consideration your Withdrawal Request Amount, the Free Withdrawal Amount, withdrawal charges, and taxes.

See below for definitions of "Gross Withdrawal", "Withdrawal Request Amount", "Free Withdrawal

Amount", "Net Withdrawal", and "Withdrawal Charges".

EXPENSES

As a Contract Owner, you will bear the charges and expenses described below.

WITHDRAWAL CHARGE

We may assess a withdrawal charge on withdrawals from the Contract during the Accumulation Phase. However, each Contract Year ("CONTRACT YEAR"), which we measure from the Issue Date and each Contract anniversary, you may withdraw up to the "FREE WITHDRAWAL AMOUNT" without paying a withdrawal charge. The Free Withdrawal Amount for a Guarantee Period Account in a Contract Year is equal to 10% of the Guarantee Period Account Value immediately before you make the first withdrawal from any Guarantee Period Account in that Contract Year. Unused portions of this 10% Free Withdrawal Amount are not carried forward to future Contract Years.

The withdrawal charge is as follows:

Number of Complete Years Since Issue Date:	0	1	2	3	4	5	6	7	8	9	10+
Withdrawal Charge	7%	7%	7%	6%	6%	5%	4%	3%	2%	1%	0%

The withdrawal charge is determined by multiplying the Withdrawal Charge percentage corresponding to the number of complete Contract Years in the table above by the amount of each Withdrawal Request Amount (for a "Gross Withdrawal") or Adjusted Withdrawal Request Amount (for a "Net Withdrawal") that exceeds the Free Withdrawal Amount for the applicable Guarantee Period Account.

We will deduct applicable withdrawal charges from the amount of your withdrawal request and/or the Guarantee Period Account Value. See Access to Your Money for more details.

For federal income tax purposes, earnings under your Contract are considered to come out first. This means you pay taxes on your withdrawal to the extent of any earnings in the Contract.

We do not apply a withdrawal charge in the following situations:

- .. withdrawals taken during the 45 day Window Period, see "Access to Your Money";
- .. withdrawals taken to satisfy IRS minimum distribution rules for the Contract;
- .. withdrawals that qualify for a waiver.

We use the amounts obtained from the withdrawal charge to recover the cost of sales commissions and other promotional or distribution expenses associated with marketing the Contracts.

Withdrawals may be subject to income tax withholding and penalties, and Market Value Adjustments. You should consult your own tax counsel or other tax advisers regarding any withdrawals.

CONFINEMENT WAIVER. We will waive the withdrawal charge on all withdrawals taken under your Contract if the following conditions are satisfied:

- .. you are or the Annuitant is, if the Contract Owner is not a living person, first confined to a long term care facility or a hospital for at least 90 consecutive days. You or the Annuitant must enter the long term care facility or hospital at least 30 days after the Issue Date,
- .. we receive your request for withdrawal and written proof of the stay no later than 90 days following the end of your or the Annuitant's (as applicable) stay at the long term care facility or hospital, and
- .. a physician must have prescribed the stay and the stay must be medically necessary (as defined in the Contract).

TERMINAL ILLNESS WAIVER. Only once during the term of the Contract, we will waive the withdrawal charge on all withdrawals under your Contract if:

- .. you are or the Annuitant is, if the Contract Owner is not a living person, first diagnosed by a physician as having a terminal illness at least 30 days after the Issue Date, and
- .. you provide adequate proof of diagnosis to us before or at the time you request the withdrawal.

Terminal Illness is a condition which is expected to result in death within one year from the date of onset for 80% of the diagnosed cases.

At our expense, we may require a second physician's opinion, and if the first and second physicians disagree, we may require a third opinion. We will honor a consensus of any two of the three physicians.

UNEMPLOYMENT WAIVER. Only once during the term of the Contract, we will waive

the withdrawal charge on one partial or a full withdrawal taken under your Contract, if you meet the following requirements:

11 PROSPECTUS

- .. you or the Annuitant, if the Contract Owner is not a living person, become unemployed at least one year after the Issue Date,
- .. you or the Annuitant (as applicable) receive(s) unemployment compensation (as defined in the Contract) for at least 30 days as a result of that unemployment, and
- .. you or the Annuitant (as applicable) claim(s) this benefit within 180 days of your or the Annuitant's initial receipt of unemployment compensation.

Please refer to your Contract for more detailed information about the terms and conditions of these waivers.

The laws of your state may limit the availability of these waivers and also may change certain terms and/or benefits available under the waivers. You should consult your Contract for further details on these variations. Also, even if you do not pay a withdrawal charge because of these waivers, a Market Value Adjustment may apply and you still may be required to pay taxes or tax penalties on the amount withdrawn. You should consult your tax advisor to determine the effect of a withdrawal on your taxes.

PREMIUM TAXES

Some states and other governmental entities (e.g., municipalities) charge premium taxes or similar taxes. We are responsible for paying these taxes and will deduct them from your Contract Value. Some of these taxes are due when the Contract is issued, others are due when income payments begin or upon surrender. Our current practice is not to charge anyone for these taxes until income payments begin or when a total withdrawal occurs, including payment upon death. We may discontinue this practice sometime in the future, and deduct premium taxes from the purchase payments. Premium taxes generally range from 0% to 4%, depending on the state or other governmental entity (as applicable).

At the Payout Start Date, we deduct the charge for any applicable premium taxes from the total Contract Value before applying the Contract Value to an Income Plan.

ACCESS TO YOUR MONEY

You can withdraw some or all of your money at any time prior to the Payout Start Date. You may not make any withdrawals or surrender your Contract once the Payout Phase has begun.

The minimum you may withdraw is \$250. If the amount you withdraw reduces the Contract Value to less than \$1,000, we may treat the withdrawal request as a request to surrender the Contract.

The amount you receive may be reduced by a withdrawal charge, income tax withholding and any premium taxes. The amount you receive may also be increased or reduced by a Market Value Adjustment. If you request a total withdrawal, we may require that you return your Contract to us.

When you make a withdrawal, you must specify whether you choose to make a Gross Withdrawal or a Net Withdrawal.

Under a Gross Withdrawal, applicable Market Value Adjustments, withdrawal charges and taxes are calculated based upon the amount of your withdrawal request ("WITHDRAWAL REQUEST AMOUNT"). Withdrawal charges, taxes, and negative Market Value Adjustments are deducted from your Withdrawal Request Amount and will decrease the amount you receive. Positive Market Value Adjustments will not be added to your Guarantee Period Account Value, but rather will be included in the withdrawal payment you receive.

Under a Net Withdrawal, Market Value Adjustments and deductions are made to your Guarantee Period Account Value and are calculated such that you receive the Withdrawal Request Amount. In making these calculations, we determine an adjusted Withdrawal Request Amount ("Adjusted Withdrawal Request Amount"), which is the amount that after applicable Market Value Adjustments and deductions, results in your full Withdrawal Request Amount.

If you do not specify whether your withdrawal is a Gross Withdrawal or a Net Withdrawal, it will be deemed to be a Gross Withdrawal. A withdrawal of the entire Contract Value will always be a Gross Withdrawal.

For a Gross Withdrawal, the Free Withdrawal Amount in a Contract Year is reduced by the Withdrawal Request Amount, and for a Net Withdrawal, the Free Withdrawal Amount in a Contract Year is reduced by the Adjusted Withdrawal Request Amount.

You must also specify the Guarantee Period Account(s) from which you wish to make a withdrawal. If you do not specify the Guarantee Period Accounts from which you wish to make a withdrawal, we will withdraw funds from any Guarantee Period Account(s) that are in a Window Period. If the combined Guarantee Period Account Values from all such Guarantee Period Accounts are not sufficient to fund your withdrawal, we will then withdraw funds from Guarantee Period Accounts that are not in a Window Period. The amount we withdraw from each Guarantee Period Account will be in the proportion that the Guarantee Period Account Value of that Guarantee Period Account bears to the total Guarantee Period Account Value of all Guarantee Period Accounts not in a Window Period.

For Contracts issued in certain states if you withdraw the entire Contract Value, the amount that we will pay you will never be less than 90% of the purchase payment, less any prior withdrawals, accumulated at 3% interest per annum. For additional information concerning these states, please contact your financial representative or Allstate Life at 1-800-203-0068.

For federal income tax purposes, distributions taken prior to the Payout Start Date are generally considered to come from the earnings in the Contract first.

If the Contract is tax-qualified, generally all withdrawals are treated as distributions of earnings. Withdrawals of earnings are taxed as ordinary income and, if taken prior to age 59 1/2, may be subject to an additional 10% federal tax penalty.

SYSTEMATIC WITHDRAWAL PROGRAM

You may choose to receive systematic withdrawal payments on a monthly, quarterly, semi-annual, or annual basis at any time prior to the Payout Start Date. The minimum amount of each systematic withdrawal is \$50. We will deposit systematic withdrawal payments into a designated account. Please consult with your financial representative for details.

We may modify or suspend the SYSTEMATIC WITHDRAWAL PROGRAM and charge a processing fee for the service. If we modify or suspend the Systematic Withdrawal Program, existing systematic withdrawal payments will not be affected.

POSTPONEMENT OF PAYMENTS

We may defer payment of withdrawals for up to 6 months from the date we receive your withdrawal request. If we delay payment for 30 days or more, we will pay interest as required by law.

MINIMUM CONTRACT VALUE

If the amount you withdraw reduces your Contract Value to less than \$1,000, we may treat it as a request to withdraw your entire Contract Value. Your Contract will terminate if you withdraw all of your Contract Value. We will, however, ask you to confirm your withdrawal request before terminating your Contract. Before terminating any Contract whose value has been reduced by withdrawals to less than \$1,000, we will inform you in writing of our intention to terminate your Contract and give you at least 30 days in which to modify your withdrawal request to maintain your Contract's value to the contractual minimum of \$1,000. If we terminate your Contract, we will distribute to you its Contract Value, adjusted by any Market Value Adjustments, withdrawal charges and applicable taxes.

INCOME PAYMENTS

PAYOUT START DATE

The Payout Start Date is the day that we apply your Contract Value, less any applicable taxes, to an Income Plan. The Payout Start Date must be:

.. at least 30 days after the Issue Date; and

.. no later than the Annuitant's 90th birthday, or the 10th Contract anniversary, if later.

You may change the Payout Start Date at any time by notifying us in writing of the change at least 30 days before the scheduled Payout Start Date. Absent a change, we will use the Payout Start Date stated in your Contract.

INCOME PLANS

An Income Plan is a series of scheduled payments to you or someone you designate. You may choose only one Income Plan. You may choose and change your choice of Income Plan until 30 days before the Payout Start Date. If you do not select an Income Plan, we will make income payments in accordance with Income Plan 1 with guaranteed payments for 10 years. After the Payout Start Date, you may not make withdrawals or change your choice of Income Plan.

A portion of each payment will be considered taxable and the remaining portion will be a non-taxable return of your investment in the Contract, which is also called the "basis". Once the investment in the Contract is depleted, all remaining payments will be fully taxable. If the Contract is tax-qualified, generally, all payments will be fully taxable. Taxable payments taken prior to age 59 1/2, may be subject to an additional 10% federal tax penalty.

The three Income Plans available under the Contract are:

INCOME PLAN 1 - LIFE INCOME WITH AND WITHOUT GUARANTEED NUMBER OF PAYMENTS.

Under this plan, we make periodic income payments for at least as long as the Annuitant lives. If the Annuitant dies in the Payout Phase, we will continue to pay income payments until the guaranteed number of payments has been paid. The number of months guaranteed ("Guaranteed Payment Period") may range from 0 to 360 months. If you choose 0 months, payments will continue only as long as the Annuitant lives. If the Annuitant is age 90 or older as of the Payout Start Date, the Guaranteed Payment Period may range from 60 to 360 months.

INCOME PLAN 2 - JOINT AND SURVIVOR LIFE INCOME WITH AND WITHOUT GUARANTEED NUMBER OF PAYMENTS.

Under this plan, we make periodic income payments for at least as long as either the Annuitant or the joint Annuitant, named at the time the Income Plan was selected, lives. If both the Annuitant and joint Annuitant die in the Payout Phase, we will continue to pay the income payments until the

guaranteed number of payments has been paid. The Guaranteed Payment Period may range from 0 to 360 months. If you choose 0 months, payments will continue only as long as the Annuitant or joint Annuitant lives. If either the Annuitant or joint Annuitant is age 90 or older as of the Payout Start

Date, the Guaranteed Payment Period may range from 60 to 360 months.

INCOME PLAN 3 - GUARANTEED NUMBER OF PAYMENTS. Under this plan, we make periodic income payments for the period you have chosen. These payments do not depend on the Annuitant's life. The shortest number of months guaranteed is 60 (120 if the Payout Start Date occurs before the third Contract anniversary). The longest number of months guaranteed is 360 or the number of months between the Payout Start Date and the date that the Annuitant reaches age 100, if greater. In no event may the number of months guaranteed exceed 600.

The length of any Guaranteed Payment Period under your selected Income Plan generally will affect the dollar amount of each income payment. As a general rule, longer guarantee periods result in lower income payments, all other things being equal. For example, if you choose an Income Plan with payments that depend on the life of the Annuitant but with no minimum specified period for guaranteed payments, the income payments generally will be greater than the income payments made under the same Income Plan with a minimum specified period for guaranteed payments. As a general rule, plans with a joint Annuitant also will result in lower income payments. Income plans may vary from state to state.

We may make other Income Plans available, including ones that you and we agree upon. You may obtain information about them by writing or calling us.

If the Contract Owner dies after the Payout Start Date, the new Contract Owner will be the surviving Contract Owner. If there is no surviving Contract Owner, the new Contract Owner will be the Beneficiary(ies). Any remaining income payments will be paid to the new Contract Owner as scheduled.

If you choose Income Plan 1 or 2, or, if available, another Income Plan with payments that continue for the life of the Annuitant or joint Annuitant, we will require proof of age and sex of the Annuitant or joint Annuitant before starting income payments, and may require proof that the Annuitant or joint Annuitant are alive before we make each payment. Please note that under such Income Plans, if you elect to take no guaranteed payments, it is possible that the payee could receive no income payments if the Annuitant and any joint Annuitant both die before the first income payment, or only one income payment if they die before the second income payment, and so on.

We will apply your Contract Value less any applicable premium tax, to your Income Plan on the Payout Start Date. For Contracts issued in certain states the amount that we will apply to an Income Plan will never be less than 90% of the purchase payment, less any prior withdrawals, accumulated at 3% interest per annum. For additional information concerning these states, please contact your financial representative or Allstate Life at 1-800-203-0068.

If the amount available to apply under an Income Plan is less than \$3,000, or if your initial monthly payment would be less than \$20, and state law permits, we reserve the right to:

- .. reduce the frequency of your payments so that each payment will be at least \$20; or
- .. terminate the Contract and pay you the Contract Value less any applicable taxes, in a lump sum instead of the periodic payments you have chosen.

INCOME PAYMENTS

Subject to your Income Plan selection, we may guarantee income payment amounts for the duration of the Income Plan. We calculate income payments by:

1. determining your Contract Value as of the Payout Start Date;
2. deducting any applicable premium tax; and
3. applying the resulting amount to the greater of:
 - (a) the appropriate value from the income payment table in your Contract; or
 - (b) such other value as we are offering at that time.

We may defer making fixed income payments for a period of up to six months or such shorter time state law may require. If we defer such payments for 30 days or more, we will pay interest as required by law from the date we receive the withdrawal request to the date we make payment.

CERTAIN EMPLOYEE BENEFIT PLANS

The Contracts offered by this prospectus contain income payment tables that provide for different payments to men and women of the same age, except in states that require unisex tables. We reserve the right to use income payment tables that do not distinguish on the basis of sex, to the extent permitted by law. In certain employment-related situations, employers are required by law to use the same income payment tables for men and women. Accordingly, if the Contract is to be used in connection with an employment-related retirement or benefit plan and we do not offer unisex annuity tables in your state, you should consult with legal counsel as to whether the purchase of a Contract is appropriate.

DEATH PROCEEDS

Under certain conditions, described below, we will pay a death settlement ("DEATH PROCEEDS") for your Contract on the death of the Contract Owner or the death of the Annuitant (if the Contract Owner is a non-living person)

if the death occurs prior to the Payout Start Date. If the Contract Owner or Annuitant (if the Contract Owner is a non-living person) dies after the Payout Start Date, we will pay remaining income payments as described in the "Payout Phase" section of your Contract. See "Income Payments" above, for more details.

The Contract offers Death Proceeds prior to the Payout Start Date on the earlier of:

1. the death of any Contract Owner; or
2. the death of the Annuitant, if the Contract Owner is a non-living person.

We will pay the Death Proceeds to the new Contract Owner as determined immediately after the death. The new Contract Owner will be the surviving Contract Owner(s) or, if none, the Beneficiary(ies).

A claim for settlement of the Death Proceeds must include Due Proof of Death. We will accept the following documentation as "DUE PROOF OF DEATH":

- .. a certified copy of a death certificate;
- .. a certified copy of a decree of a court of competent jurisdiction as to the finding of death; or
- .. any other proof acceptable to us.

Prior to the Payout Start Date, the Death Proceeds are equal to the Contract Value.

We will calculate the value of the Death Proceeds as of the date we receive a complete request for settlement of the Death Proceeds from any Owner.

For Contracts issued in certain states the amount of the Death Proceeds that we will pay you will never be less than 90% of the purchase payment, less any prior withdrawals, accumulated at 3% interest per annum. For additional information concerning these states, please contact your financial representative or Allstate Life at 1-800-203-0068.

DEATH PROCEEDS PAYMENTS

DEATH OF CONTRACT OWNER. If any Contract Owner dies before the Payout Start Date, the new Contract Owner will be the surviving Contract Owner. If there is no surviving Contract Owner, the new Contract Owner will be the Beneficiary(ies) as described in the Beneficiary provision.

If there is more than one new Contract Owner taking a share of the Death Proceeds each new Contract Owner will be treated as a separate and independent Contract Owner of his or her respective share of the Death Proceeds. Each new Contract Owner will exercise all rights related to his or her share of the Death Proceeds, including the sole right to elect one of the Option(s) below for his or her respective share. Each new Contract Owner may designate a Beneficiary(ies) for his or her respective share, but that designated Beneficiary(ies) will be restricted to the Option chosen by the original new Contract Owner.

The Options available to the new Contract Owner will be determined by the applicable Category described below in which the new Contract Owner is defined. An Option will be deemed to have been chosen on the day we receive written notification in a form satisfactory to us.

CATEGORY 1. If your spouse is the sole new Contract Owner of the entire Contract, the Contract will continue in the Accumulation Phase, unless your spouse chooses from Options A, B, or C, described below.

If you also were the Annuitant, then your spouse will be the new Annuitant unless he or she names a new Annuitant, as described in the Annuitant provision, above. Your spouse may make a single withdrawal of any amount within one year of the date of your death without incurring a withdrawal charge; however the amount withdrawn may be subject to a Market Value Adjustment.

CATEGORY 2. If the new Contract Owner is a living person who is not your spouse, or if there are multiple living new Contract Owners, the new Contract Owner(s) must (each) choose from Options A, B or C, described below. If a new Contract Owner does not choose one of these Options, Option A will apply for such new Contract Owner.

CATEGORY 3. If the new Contract Owner is a corporation, trust or other non-living person, the new Contract Owner must choose between Options A or C, described below. If the new Contract Owner does not choose either of these Options, Option A will apply.

The following Death of Contract Owner Options are available, as applicable:

OPTION A.

The new Contract Owner may elect to receive the Contract Value payable within 5 years of the date of your death. Withdrawal charges will be waived for any withdrawals made during this 5 year period; however the amounts withdrawn may be subject to Market Value Adjustments.

If the new Contract Owner dies prior to the end of the 5 year period and before the complete liquidation of the Contract Value, then the new Contract Owner's Beneficiary(ies) will receive the remaining Contract Value. This amount must be fully withdrawn within 5 years of the date of your death.

OPTION B.

The new Contract Owner may elect, within 11 months of the date of your death, to receive the Death Proceeds paid out under one of the Income Plans described in the Income Payments section, subject to the following conditions:

Income payments must begin within one year of your date of death. Income payments must be payable:

- (i) Over the life of the new Contract Owner; or

(ii) for a guaranteed payment period of at least 5 years, but not to exceed the life expectancy of the new Contract Owner; or

(iii) over the life of the new Contract Owner with a guaranteed payment period of at least 5 years, but not to exceed the life expectancy of the new Contract Owner.

OPTION C.

The new Contract Owner may elect to receive the Death Proceeds in a lump sum. Death Proceeds received under this Option in a lump sum are not subject to a Market Value Adjustment.

All ownership rights subject to the conditions described in this provision or any restrictions previously placed upon the Beneficiary, will be available to the new Contract Owner from the date of your death until the date on which the Death Proceeds are paid.

We reserve the right to offer additional Death of Contract Owner Options.

If the Contract Owner dies after the Payout Start Date, refer to the Income Payments section.

DEATH OF ANNUITANT. If the Annuitant who is also the Contract Owner dies before the Payout Start Date, the Death of Contract Owner provision, described above will apply. If the Annuitant who is not also the Contract Owner dies before the Payout Start Date, the Options available to the Contract Owner will be determined by the applicable Category described below in which the Contract Owner is defined.

CATEGORY 1. If the Contract Owner is a living person, the Contract will continue in the Accumulation Phase with a new Annuitant. The new Annuitant will be:

.. A person you name by written request subject to the conditions described in the Annuitant provision on page 6; otherwise,

.. The youngest Contract Owner; otherwise,

.. The youngest Beneficiary.

CATEGORY 2. If the Contract Owner is a corporation, trust or other non-living person, the Contract Owner must receive the Contract Value payable within 5 years of the Annuitant's date of death. Withdrawal charges will be waived for any withdrawals made during this 5 year period; however the amounts withdrawn may be subject to Market Value Adjustments.

All ownership rights provided by the Contract will be available to the Contract Owner from the date of the Annuitant's death until the date on which the Death Proceeds are paid.

We reserve the right to offer additional Death of Annuitant Options.

MORE INFORMATION

ALLSTATE LIFE

Allstate Life is the issuer of the Contract. Allstate Life was organized in 1957 as a stock life insurance company under the laws of the state of Illinois.

Allstate Life is a wholly owned subsidiary of Allstate Insurance Company, a stock property-liability insurance company organized under the laws of the state of Illinois. All of the capital stock issued and outstanding of Allstate Insurance Company is owned by The Allstate Corporation.

Allstate Life is licensed to operate in the District of Columbia, Puerto Rico, and all jurisdictions except the state of New York. We intend to offer the Contract in those jurisdictions in which we are licensed. Our home office is located at 3100 Sanders Road, Northbrook, Illinois, 60062.

Independent rating agencies regularly evaluate life insurers' claims-paying ability, quality of investment portfolio and overall stability. A.M. Best Company assigns an A+ (Superior) financial strength rating to Allstate Life. Standard & Poor's assigns an AA+ (Very Strong) financial strength rating to Allstate Life, and Moody's Investors Services assigns an Aa2 (Excellent) financial strength rating to Allstate Life. We may from time to time advertise these ratings in our sales literature.

THE CONTRACT

DISTRIBUTION. Allstate Distributors, L.L.C. ("Allstate Distributors"), a wholly owned subsidiary of Allstate Life, will serve as principal underwriter of the Contracts. Allstate Distributors is a registered broker dealer under the Securities and Exchange Act of 1934, as amended, ("Exchange Act") and a member of NASD. Contracts are sold by registered representatives of unaffiliated broker-dealers or bank employees who are licensed insurance agents appointed by Allstate Life, either individually or through an incorporated insurance agency and have entered into a selling agreement with Allstate Distributors to sell the Contract.

We will pay commissions to broker-dealers who sell the contracts. Commissions paid may vary, but we estimate that the total commissions paid on all Contract sales will not exceed 8% of all purchase payments. These commissions are intended to cover distribution expenses. Sometimes, we also pay the broker-dealer a persistency bonus in addition to the standard commissions. A

persistence bonus is not expected to exceed 1.00%, on an annual basis, of the Contract Values considered in connection with the bonus. In some states, Contracts may be sold by representatives or employees of banks which may be acting as broker-dealers without separate registration under the Exchange Act, pursuant to legal and regulatory exceptions.

Allstate Life may pay Allstate Distributors a commission for distribution of the Contracts. The underwriting agreement with Allstate Distributors provides that we will reimburse Allstate Distributors for any liability to Contract Owners arising out of services rendered or Contracts issued.

This prospectus does not constitute an offering in any jurisdiction in which such offering may not lawfully be made. We do not authorize anyone to provide any information or representations regarding the offering described in this prospectus other than as contained in this prospectus.

ADMINISTRATION. We have primary responsibility for all administration of the Contracts. We provide the following administrative services, among others:

- .. issuance of the Contracts;
- .. maintenance of Contract Owner records;
- .. Contract Owner services; and
- .. preparation of Contract Owner reports.

You should notify us promptly in writing of any address change. You should read your statements and confirmations carefully and verify their accuracy. You should contact us promptly if you have a question about a periodic statement. We will investigate all complaints and make any necessary adjustments retroactively, but you must notify us of a potential error within a reasonable time after the date of the questioned statement. If you wait too long, we reserve the right to make the adjustment as of the date that we receive notice of the potential error.

We also will provide you with additional periodic and other reports, information and prospectuses as may be required by federal securities laws.

TAX QUALIFIED PLANS

If you use the Contract with a qualified plan, the plan may impose different or additional conditions or limitations on withdrawals, waivers of withdrawal charges, death benefits, Payout Start Dates, income payments, and other Contract features. In addition, adverse tax consequences may result if qualified plan limits on distributions and other conditions are not met. Please consult your qualified plan administrator for more information.

LEGAL MATTERS

Foley & Lardner, Washington D.C., has advised Allstate Life on certain federal securities law matters. All matters of state law pertaining to the Contracts, including the validity of the Contracts and Allstate Life's right to issue such Contracts under applicable state insurance law, have been passed upon by Michael J. Velotta, General Counsel of Allstate Life.

TAXES

THE FOLLOWING DISCUSSION IS GENERAL AND IS NOT INTENDED AS TAX ADVICE. ALLSTATE LIFE MAKES NO GUARANTEE REGARDING THE TAX TREATMENT OF ANY CONTRACT OR TRANSACTION INVOLVING A CONTRACT.

Federal, state, local and other tax consequences of ownership or receipt of distributions under an annuity contract depend on your individual circumstances. If you are concerned about any tax consequences with regard to your individual circumstances, you should consult a competent tax adviser.

TAXATION OF ALLSTATE LIFE INSURANCE COMPANY

Allstate Life is taxed as a life insurance company under Part I of Subchapter L of the Internal Revenue Code ("Tax Code" or "Code").

TAXATION OF FIXED ANNUITIES IN GENERAL

TAX DEFERRAL. Generally, you are not taxed on increases in the Contract Value until a distribution occurs. This rule applies only where the Owner is a natural person.

NON-NATURAL OWNERS. As a general rule, annuity contracts owned by non-natural persons such as corporations, trusts, or other entities are not treated as annuity contracts for federal income tax purposes. The income on such contracts does not enjoy tax deferral and is taxed as ordinary income received or accrued by the owner during the taxable year.

EXCEPTIONS TO THE NON-NATURAL OWNER RULE. There are several exceptions to the general rule that annuity contracts held by a non-natural owner are not treated as annuity contracts for federal income tax purposes. Contracts will generally be treated as held by a natural person if the nominal owner is a trust or other entity which holds the contract as agent for a natural person. However, this special exception will not apply in the case of an employer who is the nominal owner of an annuity contract under a non-Qualified deferred compensation arrangement for its employees. Other exceptions to the non-natural owner rule are: (1) contracts acquired by an estate of a decedent by reason of the death of the decedent; (2) certain qualified contracts; (3) contracts purchased by employers upon the termination of certain qualified plans; (4) certain contracts used in connection with structured settlement agreements; and (5) immediate annuity contracts, purchased with a single premium, when the annuity starting date is no later than a year from purchase of the annuity and substantially equal periodic payments are made, not less frequently than annually, during the annuity period.

GRANTOR TRUST OWNED ANNUITY. Contracts owned by a grantor trust are considered owned by a non-natural owner. Grantor trust owned contracts receive tax deferral as described in the Exceptions To The Non-Natural Owner Rule section. In accordance with the Code, upon the death of the annuitant, the death benefit must be paid. According to your Contract, the Death Benefit is paid to the surviving Contract Owner. Since the trust will be the surviving Contract Owner in all cases, the Death Benefit will be payable to the trust notwithstanding any beneficiary designation on the annuity contract. A trust, including a grantor trust, has two options for receiving any death benefits: 1) a lump sum payment; or 2) payment deferred up to five years from date of death.

TAXATION OF PARTIAL AND FULL WITHDRAWALS. If you make a partial withdrawal under a non-Qualified Contract, amounts received are taxable to the extent the Contract Value, without regard to surrender charges, exceeds the investment in the Contract. The investment in the Contract is the gross premium paid for the contract minus any amounts previously received from the Contract if such amounts were properly excluded from your gross income. If you make a full withdrawal under a non-Qualified Contract, the amount received will be taxable only to the extent it exceeds the investment in the Contract.

You should contact a competent tax advisor about the potential tax consequences of a Market Value Adjustment, as no definitive guidance exists on the proper tax treatment of Market Value Adjustments. If you make a full withdrawal under a non-Qualified Contract or a Qualified Contract, the amount received will be taxable only to the extent it exceeds the investment in the Contract.

TAXATION OF ANNUITY PAYMENTS. Generally, the rule for income taxation of annuity payments received from a non-Qualified Contract provides for the return of your investment in the Contract in equal tax-free amounts over the payment period. The balance of each payment received is taxable. For fixed annuity payments, the amount excluded from income is determined by multiplying the payment by the ratio of the investment in the Contract (adjusted for any refund feature or period certain) to the total expected value of annuity payments for the term of the Contract. The annuity payments will be fully taxable after the total amount of the investment in the Contract is excluded using these ratios. The federal tax treatment of annuity payments is unclear in some respects. As a result, if the IRS should provide further guidance, it is possible that the amount we calculate and report to the IRS as taxable could be different. If you die, and annuity payments cease before the total amount of the investment in the Contract is recovered, the unrecovered amount will be allowed as a deduction for your last taxable year.

WITHDRAWALS AFTER THE PAYOUT START DATE. Federal tax law is unclear regarding the taxation of any additional withdrawal received after the Payout Start Date. It is possible that a greater or lesser portion of such a payment could be taxable than the amount we determine.

DISTRIBUTION AT DEATH RULES. In order to be considered an annuity contract for federal income tax purposes, the Contract must provide:

- .. if any Contract Owner dies on or after the Payout Start Date but before the entire interest in the Contract has been distributed, the remaining portion of such interest must be distributed at least as rapidly as under the method of distribution being used as of the date of the Owner's death;
- .. if any Contract Owner dies prior to the Payout Start Date, the entire interest in the Contract will be distributed within 5 years after the date of the Owner's death. These requirements are satisfied if any portion of the Contract Owner's interest that is payable to (or for the benefit of) a designated Beneficiary is distributed over the life of such Beneficiary (or over a period not extending beyond the life expectancy of the Beneficiary) and the distributions begin within 1 year of the Owner's death. If the Contract Owner's designated Beneficiary is the surviving spouse of the Owner, the Contract may be continued with the surviving spouse as the new Contract Owner;
- .. if the Contract Owner is a non-natural person, then the Annuitant will be treated as the Contract Owner for purposes of applying the distribution at death rules. In addition, a change in the Annuitant on a Contract owned by a non-natural person will be treated as the death of the Contract Owner.

TAXATION OF ANNUITY DEATH BENEFITS. Death Benefit amounts are included in income as follows:

- .. if distributed in a lump sum, the amounts are taxed in the same manner as a full withdrawal, or
- .. if distributed under an Income Plan, the amounts are taxed in the same manner as annuity payments.

PENALTY TAX ON PREMATURE DISTRIBUTIONS. A 10% penalty tax applies to the taxable amount of any premature distribution from a non-Qualified Contract. The penalty tax generally applies to any distribution made prior to the date you attain age 59 1/2. However, no penalty tax is incurred on distributions:

- .. made on or after the date the Contract Owner attains age 59 1/2;
- .. made as a result of the Contract Owner's death or becoming totally disabled;
- .. made in substantially equal periodic payments over the Contract Owner's life or life expectancy, or over the joint lives or joint life expectancies of the Contract Owner and the Contract beneficiary;
- .. made under an immediate annuity; or
- .. attributable to investment in the Contract before August 14, 1982.

You should consult a competent tax advisor to determine how these exceptions may apply to your situation.

SUBSTANTIALLY EQUAL PERIODIC PAYMENTS. With respect to non-Qualified Contracts using substantially equal periodic payments or immediate annuity payments as an exception to the penalty tax on premature distributions, any additional withdrawal or other modification of the payment stream would violate the requirement that payments must be substantially equal. Failure to meet this requirement would mean that the income portion of each payment received prior to the later of 5 years or the Contract Owner's attaining age 59 1/2 would be subject to a 10% penalty tax unless another exception to the penalty tax applied. The tax for the year of the modification is increased by the penalty tax that would have been imposed without the exception, plus interest for the years in which the exception was used. You should consult a competent tax advisor prior to taking a withdrawal.

TAX FREE EXCHANGES UNDER INTERNAL REVENUE CODE SECTION 1035. A 1035 exchange is a tax-free exchange of a non-qualified life insurance contract, endowment contract or annuity contract for a new non-Qualified annuity contract. The contract owner(s) must be the same on the old and new contract. Basis from the old contract carries over to the new contract so long as we receive that information from the relinquishing company. If basis information is never received, we will assume that all exchanged funds represent earnings and will allocate no cost basis to them.

TAXATION OF OWNERSHIP CHANGES. If you transfer a non-Qualified Contract without full and adequate consideration to a person other than your spouse (or to a former spouse incident to a divorce), you will be taxed on the difference between the Contract Value and the investment in the Contract at the time of transfer. Except for certain Qualified Contracts, any amount you receive as a loan under a Contract, and any assignment or pledge (or agreement to assign or pledge) of the Contract Value is taxed as a withdrawal of such amount or portion and may also incur the 10% penalty tax. Currently we do not allow assignments.

AGGREGATION OF ANNUITY CONTRACTS. The Code requires that all non-Qualified deferred annuity contracts issued by Allstate Life (or its affiliates) to the same Contract Owner during any calendar year be aggregated and treated as one annuity contract for purposes of determining the taxable amount of a distribution.

INCOME TAX WITHHOLDING

Generally, Allstate Life is required to withhold federal income tax at a rate of 10% from all non-annuitized distributions. The customer may elect out of withholding by completing and signing a withholding election form. If

no election is made, we will automatically withhold the required 10% of the taxable amount. In certain states, if there is federal withholding, then state withholding is also mandatory.

Allstate Life is required to withhold federal income tax using the wage withholding rates for all annuitized distributions. The customer may elect out of withholding by completing and signing a withholding election form. If no election is made, we will automatically withhold using married with three exemptions as the default. In certain states, if there is federal withholding, then state withholding is also mandatory.

Election out of withholding is valid only if the customer provides a U.S. residence address and taxpayer identification number.

Generally, Section 1441 of the Code provides that a withholding agent must withhold 30% of the taxable amounts paid to a non-resident alien. A non-resident alien is someone other than a U.S. citizen or resident alien. Withholding may be reduced or eliminated by an income tax treaty between the U.S. and the non-resident alien's country of residence if the payee provides a U.S. taxpayer identification number on Form W-8BEN. A U.S. taxpayer identification number is a social security number or an individual taxpayer identification number ("ITIN"). ITINs are issued by the IRS to non-resident alien individuals who are not eligible to obtain a social security number.

TAX QUALIFIED CONTRACTS

The income on qualified plan and IRA investments is tax deferred, and the income on annuities held by such plans does not receive any additional tax deferral. You should review the annuity features, including all benefits and expenses, prior to purchasing an annuity in a qualified plan or IRA. Contracts may be used as investments with certain qualified plans such as:

- .. Individual Retirement Annuities or Accounts (IRAs) under Section 408 of the Code;
- .. Roth IRAs under Section 408A of the Code;
- .. Simplified Employee Pension Plans under Section 408(k) of the Code;
- .. Savings Incentive Match Plans for Employees (SIMPLE) Plans under Section 408(p) of the Code;
- .. Tax Sheltered Annuities under Section 403(b) of the Code;
- .. Corporate and Self Employed Pension and Profit Sharing Plans under Sections 401 and 403; and
- .. State and Local Government and Tax-Exempt Organization Deferred Compensation Plans under Section 457.

The Contract may be used with several types of qualified plans. Allstate Life reserves the right to limit the availability of the Contract for use with any of the qualified plans listed above or to modify the Contract to conform with tax requirements.

The tax rules applicable to participants in such qualified plans vary according to the type of plan and the terms and conditions of the plan itself. Adverse tax consequences may result from certain transactions such as excess contributions, premature distributions, and distributions that do not conform to specified commencement and minimum distribution rules. Allstate Life can issue an individual retirement annuity on a rollover or transfer of proceeds from a decedent's IRA or qualified plan under which the decedent's surviving spouse is the beneficiary. Allstate Life does not offer an individual retirement annuity that can accept a transfer of funds for any other, non-spousal, beneficiary of a decedent's IRA or qualified plan.

In the case of certain qualified plans, the terms of the plans may govern the right to benefits, regardless of the terms of the Contract.

TAXATION OF WITHDRAWALS FROM AN INDIVIDUALLY OWNED QUALIFIED CONTRACT. If you make a partial withdrawal under a Qualified Contract other than a Roth IRA, the portion of the payment that bears the same ratio to the total payment that the investment in the Contract (i.e., nondeductible IRA contributions, after tax contributions to qualified plans) bears to the Contract Value, is excluded from your income. We do not keep track of nondeductible contributions, and all tax reporting of distributions from Qualified Contracts other than Roth IRAs will indicate that the distribution is fully taxable.

"Qualified distributions" from Roth IRAs are not included in gross income. "Qualified distributions" are any distributions made more than five taxable years after the taxable year of the first contribution to any Roth IRA and which are:

- .. made on or after the date the Contract Owner attains age 59 1/2,
- .. made to a beneficiary after the Contract Owner's death,
- .. attributable to the Contract Owner being disabled, or
- .. made for a first time home purchase (first time home purchases are subject to a lifetime limit of \$10,000).

"Nonqualified distributions" from Roth IRAs are treated as made from contributions first and are included in gross income only to the extent that distributions exceed contributions. All tax reporting of distributions from Roth

IRAs will indicate that the taxable amount is not determined.

REQUIRED MINIMUM DISTRIBUTIONS. Generally, qualified plans require minimum distributions upon reaching age 70 1/2. Failure to withdraw the required minimum distribution will result in a 50% tax penalty on the shortfall not withdrawn from the Contract. Not all income plans offered under this annuity contract satisfy

the requirements for minimum distributions. Because these distributions are required under the Code and the method of calculation is complex, please see a competent tax advisor.

THE DEATH BENEFIT AND QUALIFIED CONTRACTS. Pursuant to the Code and IRS regulations, an IRA may not invest in life insurance contracts. However, an IRA (e.g., traditional IRA, Roth IRA, SEP IRA and SIMPLE IRA) may provide a death benefit that equals the greater of the purchase payments or the Contract Value. The Contract offers a death benefit that in certain circumstances may exceed the greater of the purchase payments or the Contract Value. We believe that the Death Benefits offered by your Contract do not constitute life insurance under these regulations.

It is also possible that the certain death benefits that offer enhanced earnings could be characterized as an incidental death benefit. If the death benefit were so characterized, this could result in current taxable income to a Contract Owner. In addition, there are limitations on the amount of incidental death benefits that may be provided under qualified plans, such as in connection with a 403(b) plan.

PENALTY TAX ON PREMATURE DISTRIBUTIONS FROM QUALIFIED CONTRACTS. A 10% penalty tax applies to the taxable amount of any premature distribution from a Qualified Contract. The penalty tax generally applies to any distribution made prior to the date you attain age 59 1/2. However, no penalty tax is incurred on distributions:

- .. made on or after the date the Contract Owner attains age 59 1/2,
- .. made as a result of the Contract Owner's death or total disability,
- .. made in substantially equal periodic payments over the Contract Owner's life or life expectancy, or over the joint lives or joint life expectancies of the Contract Owner and the Beneficiary,
- .. made pursuant to an IRS levy,
- .. made for certain medical expenses,
- .. made to pay for health insurance premiums while unemployed (only applies for IRAs),
- .. made for qualified higher education expenses (only applies for IRAs), and
- .. made for a first time home purchase (up to a \$10,000 lifetime limit and only applies for IRAs).

During the first 2 years of the individual's participation in a SIMPLE IRA, distributions that are otherwise subject to the premature distribution penalty will be subject to a 25% penalty tax.

You should consult a competent tax advisor to determine how these exceptions may apply to your situation.

SUBSTANTIALLY EQUAL PERIODIC PAYMENTS ON QUALIFIED CONTRACTS. With respect to Qualified Contracts using substantially equal periodic payments as an exception to the penalty tax on premature distributions, any additional withdrawal or other modification of the payment stream would violate the requirement that payments must be substantially equal. Failure to meet this requirement would mean that the income portion of each payment received prior to the later of 5 years or the taxpayer's attaining age 59 1/2 would be subject to a 10% penalty tax unless another exception to the penalty tax applied. The tax for the year of the modification is increased by the penalty tax that would have been imposed without the exception, plus interest for the years in which the exception was used. You should consult a competent tax advisor prior to taking a withdrawal.

INCOME TAX WITHHOLDING ON QUALIFIED CONTRACTS. Generally, Allstate Life is required to withhold federal income tax at a rate of 10% from all non-annuitized distributions that are not considered "eligible rollover distributions." The customer may elect out of withholding by completing and signing a withholding election form. If no election is made, we will automatically withhold the required 10% from the taxable amount. In certain states, if there is federal withholding, then state withholding is also mandatory. Allstate Life is required to withhold federal income tax at a rate of 20% on all "eligible rollover distributions" unless you elect to make a "direct rollover" of such amounts to an IRA or eligible retirement plan. Eligible rollover distributions generally include all distributions from Qualified Contracts, excluding IRAs, with the exception of:

- .. required minimum distributions, or,
- .. a series of substantially equal periodic payments made over a period of at least 10 years, or,
- .. a series of substantially equal periodic payments made over the life (joint lives) of the participant (and beneficiary), or,
- .. hardship distributions.

For all annuitized distributions that are not subject to the 20% withholding requirement, Allstate Life is required to withhold federal income tax using the wage withholding rates. The customer may elect out of withholding by completing and signing a withholding election form. If no election is made, we will

automatically withhold using married with three exemptions as the default. In certain states, if there is federal withholding, then state withholding is also mandatory.

Election out of withholding is valid only if the customer provides a U.S. residence address and taxpayer identification number.

Generally, Section 1441 of the Code provides that a withholding agent must withhold 30% of the taxable amounts paid to a non-resident alien. A non-resident alien is someone other than a U.S. citizen or resident

alien. Withholding may be reduced or eliminated by an income tax treaty between the U.S. and the non-resident alien's country of residence if the payee provides a U.S. taxpayer identification number on Form W-8BEN. A U.S. taxpayer identification number is a social security number or an individual taxpayer identification number ("ITIN"). ITINs are issued by the IRS to non-resident alien individuals who are not eligible to obtain a social security number.

INDIVIDUAL RETIREMENT ANNUITIES. Section 408 of the Code permits eligible individuals to contribute to an individual retirement program known as an Individual Retirement Annuity (IRA). Individual Retirement Annuities are subject to limitations on the amount that can be contributed and on the time when distributions may commence. Certain distributions from other types of qualified plans may be "rolled over" on a tax-deferred basis into an Individual Retirement Annuity.

ROTH INDIVIDUAL RETIREMENT ANNUITIES. Section 408A of the Code permits eligible individuals to make nondeductible contributions to an individual retirement program known as a Roth Individual Retirement Annuity. Roth Individual Retirement Annuities are subject to limitations on the amount that can be contributed and on the time when distributions may commence.

Subject to certain limitations, a traditional Individual Retirement Account or Annuity may be converted or "rolled over" to a Roth Individual Retirement Annuity. The income portion of a conversion or rollover distribution is taxable currently, but is exempted from the 10% penalty tax on premature distributions.

ANNUITIES HELD BY INDIVIDUAL RETIREMENT ACCOUNTS (COMMONLY KNOWN AS CUSTODIAL IRAS)

Internal Revenue Code Section 408 permits a custodian or trustee of an Individual Retirement Account to purchase an annuity as an investment of the Individual Retirement Account. If an annuity is purchased inside of an Individual Retirement Account, then the Annuitant must be the same as the beneficial owner of the Individual Retirement Account.

Generally, the death benefit of an annuity held in an Individual Retirement Account must be paid upon the death of the Annuitant. However, in most states, the Contract permits the custodian or trustee of the Individual Retirement Account to continue the Contract in the accumulation phase, with the Annuitant's surviving spouse as the new Annuitant, if the following conditions are met:

- 1) The custodian or trustee of the Individual Retirement Account is the owner of the annuity and has the right to the death proceeds otherwise payable under the annuity contract;
- 2) The deceased Annuitant was the beneficial owner of the Individual Retirement Account;
- 3) We receive a complete request for settlement for the death of the Annuitant; and
- 4) The custodian or trustee of the Individual Retirement Account provides us with a signed certification of the following:
 - (a) The Annuitant's surviving spouse is the sole beneficiary of the Individual Retirement Account;
 - (b) The Annuitant's surviving spouse has elected to continue the Individual Retirement Account as his or her own Individual Retirement Account; and
 - (c) The custodian or trustee of the Individual Retirement Account has continued the Individual Retirement Account pursuant to the surviving spouse's election.

SIMPLIFIED EMPLOYEE PENSION PLANS. Section 408(k) of the Code allows eligible employers to establish simplified employee pension plans for their employees using individual retirement annuities. Under these plans the employer may, within specified limits, make deductible contributions on behalf of the employees to the individual retirement annuities. Employers intending to use the Contract in connection with such plans should seek competent tax advice.

SAVINGS INCENTIVE MATCH PLANS FOR EMPLOYEES (SIMPLE PLANS). Sections 408(p) and 401(k) of the Code allow eligible employers with 100 or fewer employees to establish SIMPLE retirement plans for their employees. SIMPLE plans may be structured as a SIMPLE retirement account using an IRA or as a Section 401(k) qualified cash or deferred arrangement. In general, a SIMPLE plan consists of a salary deferral program for eligible employees and matching or nonelective contributions made by employers. Employers intending to use the Contract in conjunction with SIMPLE plans should seek competent tax and legal advice.

TO DETERMINE IF YOU ARE ELIGIBLE TO CONTRIBUTE TO ANY OF THE ABOVE LISTED IRAS (TRADITIONAL, ROTH, SEP, OR SIMPLE), PLEASE REFER TO IRS PUBLICATION 590 AND YOUR COMPETENT TAX ADVISOR.

TAX SHELTERED ANNUITIES. Section 403(b) of the Code provides tax-deferred retirement savings plans for employees of certain non-profit and educational organizations. Under Section 403(b), any contract used for a 403(b) plan must provide that distributions attributable to salary reduction contributions made after 12/31/88, and all earnings on salary reduction contributions, may be made only on or after the date the employee:

- .. attains age 59 1/2,
- .. separates from service,
- .. dies,
- .. becomes disabled, or

.. incurs a hardship (earnings on salary reduction contributions may not be distributed on account of hardship).

These limitations do not apply to withdrawals where Allstate Life is directed to transfer some or all of the Contract Value to another 403(b) plan. Generally, we do not accept Employee Retirement Income Security Act of 1974 (ERISA) funds in 403(b) contracts.

CORPORATE AND SELF-EMPLOYED PENSION AND PROFIT SHARING PLANS. Sections 401(a) and 403(a) of the Code permit corporate employers to establish various types of tax favored retirement plans for employees. Self-employed individuals may establish tax favored retirement plans for themselves and their employees. Such retirement plans (commonly referred to as "H.R.10" or "Keogh") may permit the purchase of annuity contracts.

STATE AND LOCAL GOVERNMENT AND TAX-EXEMPT ORGANIZATION DEFERRED COMPENSATION

PLANS. Section 457 of the Code permits employees of state and local governments and tax-exempt organizations to defer a portion of their compensation without paying current taxes. The employees must be participants in an eligible deferred compensation plan. In eligible governmental plans, all assets and income must be held in a trust/ custodial account/annuity contract for the exclusive benefit of the participants and their beneficiaries. To the extent the Contracts are used in connection with a non-governmental eligible plan, employees are considered general creditors of the employer and the employer as owner of the Contract has the sole right to the proceeds of the Contract. Under eligible 457 plans, contributions made for the benefit of the employees will not be includible in the employees' gross income until distributed from the plan.

EXPERTS

The financial statements and the related financial statement schedule incorporated in this prospectus by reference from Allstate Life's Annual Report on Form 10-K for the year ended December 31, 2002 have been audited by Deloitte & Touche LLP, independent auditors, as stated in their report, which is incorporated herein by reference, and have been so incorporated in reliance upon the report of such firm given upon their authority as experts in accounting and auditing.

ANNUAL REPORTS AND OTHER DOCUMENTS

Allstate Life's Annual Report on Form 10-K for the year ended December 31, 2002 is incorporated herein by reference, which means that it is legally a part of this prospectus.

After the date of this prospectus and before we terminate the offering of the securities under this prospectus, all documents or reports we file with the SEC under the Exchange Act are also incorporated herein by reference, which means that they also legally become a part of this prospectus.

Statements in this prospectus, or in documents that we file later with the SEC and that legally become a part of this prospectus, may change or supersede statements in other documents that are legally part of this prospectus. Accordingly, only the statement that is changed or replaced will legally be a part of this prospectus.

We file our Exchange Act documents and reports, including our annual and quarterly reports on Form 10-K and Form 10-Q, electronically on the SEC's "EDGAR" system using the identifying number CIK No. 0000352736. The SEC maintains a Web site that contains reports, proxy and information statements and other information regarding registrants that file electronically with the SEC. The address of the site is <http://www.sec.gov>. You also can view these materials at the SEC's Public Reference Room at 450 Fifth Street, N.W., Washington, D.C. 20549. For more information on the operations of the SEC's Public Reference Room, call 1-800-SEC-0330.

If you have received a copy of this prospectus, and would like a free copy of any document incorporated herein by reference (other than exhibits not specifically incorporated by reference into the text of such documents), please write or call us at 300 N. Milwaukee Ave., Vernon Hills, Illinois 60061 (telephone: 1-800-203-0068).

ANNUAL STATEMENTS

At least once a year prior to the Payout Start Date, we will send you a statement containing information about your Contract Value. For more information, please contact your financial representative or call our customer support unit at 1-800-203-0068.

APPENDIX A- MARKET VALUE ADJUSTMENT

The Market Value Adjustment is calculated for each Guarantee Period Account and based on the following:

- I = the Treasury Rate for a maturity equal to the term length of the Guarantee Period Account for the week preceding the establishment of the Guarantee Period Account;
- J = the Treasury Rate for the same maturity as I, for the week preceding our receipt of your withdrawal request.
- N = the number of whole and partial years from the date we receive your request until the end of the relevant Guarantee Period.

Treasury Rate means the U.S. Treasury Note Constant Maturity yield as reported in Federal Reserve Bulletin Release H.15. If such yields cease to be available in Federal Reserve Bulletin Release H.15, then we will use an alternate source for such information in our discretion.

The Market Value Adjustment factor is determined from the following formula:

$$.9 \times [I - (J + .0025)] \times N$$

The Market Value Adjustment equals the adjustment factor multiplied by the amount withdrawn from a Guarantee Period Account that exceeds the Free Withdrawal Amount for that account.

EXAMPLES OF MARKET VALUE ADJUSTMENT

Purchase Payment: \$10,000 allocated to the same Guarantee Period Account
 Guarantee Period: 5 years
 Annualized Effective Interest Rate: 4.50%
 Full Withdrawal: Beginning of Contract Year 5
 Contract Value at time of full surrender: \$11,925.19

NOTE: These examples assume that premium taxes are not applicable.

EXAMPLE 1: (ASSUMES DECLINING INTEREST RATES)

Step 1: Calculate Contract Value at Beginning of Contract Year 5: = \$11,925.19

Step 2: Calculate the Amount in excess of the Free Withdrawal Amount: FREE WITHDRAWAL AMOUNT (.10 X \$11,925.19) = \$1,192.52
 AMOUNT IN EXCESS: \$11,925.19 - \$1,192.52 = \$10,732.67

Step 3: Calculate the Withdrawal Charge: = .06 X \$10,732.67 = \$643.96

Step 4: Calculate the Market Value Adjustment: I = 4.50%
 J = 4.20%
 N = 1 year
 Market Value Adjustment Factor: $.9 \times [I - (J + .0025)] \times N$
 $.9 \times [.045 - (.042 + .0025)] \times 1 = .00045$
 Market Value Adjustment = Market Value Adjustment Factor x Amount Subject To
 Market Value Adjustment: $.00045 \times \$10,732.67 = \4.83

Step 5: Calculate the amount received by Contract Owner as a result of full withdrawal at the beginning of Contract Year 5: \$11,925.19 - \$643.96 + \$4.83 = \$11,286.06

25 PROSPECTUS

EXAMPLE 2: (ASSUMES RISING INTEREST RATES)

Step 1: Calculate Contract Value at Beginning of Contract Year 5: = \$11,925.19

Step 2: Calculate The Amount in excess of Free Withdrawal Amount: FREE WITHDRAWAL AMOUNT (.10 X \$11,925.19) = \$1,192.52
 AMOUNT IN EXCESS: \$11,925.19 - \$1,192.52 = \$10,732.67

Step 3: Calculate the Withdrawal Charge: = .06 X \$10,732.67 = \$643.96

Step 4: Calculate the Market Value Adjustment: I = 4.50%
 J = 4.80%

N = 1 year

$$\begin{aligned} & \text{Market Value Adjustment Factor: } .9 \times [I - (J + .0025)] \times N \\ = & .9 \times [(.045 - (.048 + .0025))] \times 1 = -0.00495 \\ & \text{Market Value Adjustment} = \text{Market Value Adjustment Factor} \times \text{Amount} \\ & \text{Subject To Market Value Adjustment:} \\ = & -.00495 \times \$10,732.67 = -(\$53.13) \end{aligned}$$

$$\begin{aligned} \text{Step 5: Calculate the amount received by Contract Owner} & \\ \text{as a result of full withdrawal at the beginning of} & \\ \text{Contract Year 5:} & = \$11,925.19 - \$643.96 - \$53.13 = \$11,228.10 \end{aligned}$$

PART II
INFORMATION NOT REQUIRED IN THE PROSPECTUS

ITEM 14. OTHER EXPENSES OF ISSUANCE AND DISTRIBUTION

Registrant anticipates that it will incur the following approximate expenses in connection with the issuance and distribution of the securities to be registered:

Registration fees.....	\$ 16,200
Cost of printing and engraving.....	\$280,000
Legal fees.....	\$ 15,000
Accounting fees.....	\$ 6,000
Mailing fees.....	\$ 25,000

ITEM 15. INDEMNIFICATION OF DIRECTORS AND OFFICERS.

The By-laws of Allstate Life Insurance Company ("Registrant") provide that Registrant will indemnify all of its directors, former directors, officers and former officers, to the fullest extent permitted under law, who were or are a party or are threatened to be made a party to any proceeding by reason of the fact that such persons were or are directors or officers of Registrant, against liabilities, expenses, judgments, fines and amounts paid in settlement actually and reasonably incurred by them. The indemnity shall not be deemed exclusive of any other rights to which directors or officers may be entitled by law or under any articles of incorporation, bylaw, agreement, vote of stockholders or disinterested directors or otherwise. In addition, the indemnity shall inure to the benefit of the legal representatives of directors and officers or of their estates, whether such representatives are court appointed or otherwise designated, and to the benefit of the heirs of such directors and officers. The indemnity shall extend to and include claims for such payments arising out of any proceeding commenced or based on actions of such directors and officers taken prior to the effectiveness of this indemnity; provided that payment of such claims had not been agreed to or denied by Registrant before such date.

The directors and officers of Registrant have been provided liability insurance for certain losses arising from claims or charges made against them while acting in their capacities as directors or officers of Registrant.

ITEM 16. EXHIBITS AND FINANCIAL STATEMENT SCHEDULES.

Exhibit No. Description

(1) Underwriting Agreement between Allstate Life Insurance Company and Allstate Distributors, L.L.C. (Incorporated herein by reference to Pre-Effective Amendment No. 1 to the Form N-4 Registration Statement of Allstate Life Insurance Company Separate Account A (File No. 333-31288) dated April 27, 2000.)

(2) None

(4) Form of Single Premium Deferred Annuity Certificate and Application filed herewith.

(5) Opinion and Consent of General Counsel re: Legality

(8) None

(11) None

(12) None

(15) None

(23)(a) Independent Auditors' Consent

(b) Consent of Foley & Lardner

(24)(a) Powers of Attorney for Michael J. Velotta, David A. Bird, Margaret G. Dyer, Marla G. Friedman, Edward M. Liddy, John C. Lounds, J. Kevin McCarthy, Robert W. Pike, Samuel H. Pilch, Steven E. Shebik, Eric A. Simonson, Thomas J. Wilson, II and Kevin R. Slawin. (Incorporated herein by reference to Allstate Life's initial Form S-3 Registration Statement (File No. 333-100068) on September 25, 2002).

(24)(b) Powers of Attorney for Casey J. Sylla and Danny L. Hale filed herewith.

(25) None

(26) None

(27) Not applicable

(99) None

ITEM 17. UNDERTAKINGS.

The undersigned registrant hereby undertakes:

(1) to file, during any period in which offers or sales are being made, a post-effective amendment to the registration statement:

(i) to include any prospectus required by section 10(a)(3) of the Securities Act of 1933;

(ii) to reflect in the prospectus any facts or events arising after the effective date of the registration statement (or the most recent post-effective amendment thereof) which, individually or in the aggregate, represent a fundamental change in the information set forth in the registration statement;

(iii) to include any material information with respect to the plan of distribution not previously disclosed in the registration statement or any material change to such information in the registration statement; provided, however, that paragraphs (1)(i) and (1)(ii) do not apply if the information required to be included in a post-effective amendment by those paragraphs is contained in periodic reports filed with or furnished to the Commission by Registrant pursuant to Section 13 or 15(d) of the Securities Exchange Act of 1934 that are incorporated by reference in the registration statement.

(2) that, for the purpose of determining any liability under the Securities Act of 1933, each such post-effective amendment shall be deemed to be a new registration statement relating to the securities offered therein, and the offering of such securities at that time shall be deemed to be the initial bona fide offering thereof;

(3) to remove from registration by means of a post-effective amendment any of the securities being registered which remain unsold at the termination of the offering.

Insofar as indemnification for liabilities arising under the Securities Act of 1933 may be permitted to directors, officers and controlling persons of the Registrant, Allstate Life Insurance Company, pursuant to the foregoing provisions, or otherwise, the Registrant has been advised that in the opinion of the Securities and Exchange Commission such indemnification is against public policy as expressed in the Act and is, therefore, unenforceable. In the event that a claim for indemnification against such liabilities (other than the payment by Registrant of expenses incurred or paid by a director, officer or controlling person of the Registrant in the successful defense of any action, suit or proceeding) is asserted by such director, officer or controlling person in connection with the securities being registered, the Registrant will, unless in the opinion of its counsel the matter has been settled by controlling precedent, submit to a court of appropriate jurisdiction the question whether such indemnification by it is against public policy as expressed in the Securities Act and will be governed by the final adjudication of such issue.

SIGNATURES

Pursuant to the requirements of the Securities Act of 1933, Registrant certifies that it has reasonable grounds to believe that it will meet all of the requirements for filing on Form S-3 and has duly caused this registration statement to be signed on its behalf by the undersigned, thereunto duly authorized in the Township of Northfield, State of Illinois on the 13th day of May, 2003.

ALLSTATE LIFE INSURANCE COMPANY
(REGISTRANT)

By: /s/MICHAEL J. VELOTTA

Michael J. Velotta
Senior Vice President, Secretary
and General Counsel

Pursuant to the requirements of the Securities Act of 1933, this registration statement has been signed by the following persons in the capacities and on the 13th day of May, 2003.

* /CASEY J. SYLLA ----- Casey J. Sylla	Chairman of the Board, President and Director (Principal Executive Officer)
/s/MICHAEL J. VELOTTA ----- Michael J. Velotta	Senior Vice President, Secretary, General Counsel and Director
* /DAVID A. BIRD ----- David A. Bird	Senior Vice President and Director
* /MARGARET G. DYER ----- Margaret G. Dyer	Senior Vice President and Director
* /MARLA G. FRIEDMAN ----- Marla G. Friedman	Senior Vice President and Director
* /DANNY L. HALE ----- Danny L. Hale	Director
* /EDWARD M. LIDDY ----- Edward M. Liddy	Director
* /JOHN C. LOUNDS ----- John C. Lounds	Senior Vice President and Director
* /J. KEVIN MCCARTHY ----- J. Kevin McCarthy	Senior Vice President and Director
* /ROBERT W. PIKE ----- Robert W. Pike	Director
* /SAMUEL H. PILCH ----- Samuel H. Pilch	Group Vice President and Controller (Principal Accounting Officer)
* /STEVEN E. SHEBIK ----- Steven E. Shebik	Senior Vice President, Chief Financial Officer and Director (Principal Financial Officer)
* /ERIC A. SIMONSON ----- Eric A. Simonson	Senior Vice President, Chief Investment Officer and Director
* /KEVIN R. SLAWIN -----	Senior Vice President and Director

Kevin R. Slawin

*/THOMAS J. WILSON, II

Director

Thomas J. Wilson, II

*/ By Michael J. Velotta, pursuant to Powers of Attorney previously filed or
filed herewith.

EXHIBIT LIST

The following exhibits are filed herewith:

Exhibit No.	Description
4	Form of Single Premium Deferred Annuity Certificate and Application
(24)(b)	Powers of Attorney for Casey J. Sylla and Danny L. Hale

LU10194

(10/02)

Allstate Life
Insurance Company
A Stock Company

Home Office: 3100 Sanders Road, Northbrook, Illinois 60062-7154

Single Premium Deferred Annuity Contract

This Contract is issued to the Owner in consideration of the initial purchase payment. Allstate Life Insurance Company will pay the benefits of this Contract, subject to its terms and conditions.

Throughout this Contract, "you" and "your" refer to the Owner(s) of this Contract. "We", "us" and "our" refer to Allstate Life Insurance Company.

Contract Summary

This single premium deferred annuity provides a cash withdrawal benefit and a death benefit during the Accumulation Phase, and periodic income payments beginning on the Payout Start Date during the Payout Phase.

The withdrawal benefit may be subject to a Market Value Adjustment which may result in an upward or downward adjustment of the amount distributed.

This Contract does not pay dividends.

The tax status of this Contract as it applies to the Owner should be reviewed each year.

PLEASE READ YOUR CONTRACT CAREFULLY.

This is a legal Contract between the Owner(s) of this Contract and Allstate Life Insurance Company.

Trial Examination Period

Upon written request, we will provide you with factual information regarding the benefits and provisions contained in this Contract. If you are not satisfied with this Contract for any reason, you may cancel it by written notification within 20 days after you receive it. We will refund any purchase payments less any withdrawals to you.

[GRAPHIC OMITTED][GRAPHIC OMITTED]

Secretary

Chairman and Chief Executive Officer

Single Premium Deferred Annuity

LU10194

(10/02)

TABLE OF CONTENTS

THE PERSONS INVOLVED.....3

ACCUMULATION PHASE.....4

PAYOUT PHASE.....9

INCOME PAYMENT TABLES.....11

GENERAL PROVISIONS.....12

 ANNUITY DATA

Contract Number:.....444444444
 Issue Date:.....May 1, 2002
 Payout Start Date:.....May 1, 2056
 Owner:.....John Doe
 Annuitant:.....John Doe
 Age at Issue:.....35
 Sex:.....Male
 Primary Beneficiary:.....Jane Doe
 Relationship to Owner:.....Wife
 Percentage:.....100%
 Contingent Beneficiary:.....Susan Doe
 Relationship to Owner:.....Daughter
 Percentage:.....100%
 Purchase Payment:.....\$10,000.00
 Tax Qualification:.....IRA
 Credit Enhancement Percentage:.....0%

	Allocated Amount (%)	Annualized Effective Interest Rate	Rate Guaranteed Through

Guarantee Period Account			

1 Year Guarantee Period Account	20%	4.50%	5/1/03
3 Year Guarantee Period Account	20%	5.00%	5/1/05
5 Year Guarantee Period Account	20%	5.25%	5/1/07
7 Year Guarantee Period Account	20%	5.50%	5/1/09
10 Year Guarantee Period Account	20%	6.00%	5/1/12

If you have any questions about your Allstate Life Insurance Company annuity,
 please contact Allstate Life at (800) 203-0068.

THE PERSONS INVOLVED

Owner The person named at the time of application is the Owner of this Contract unless subsequently changed. As Owner, you will receive any periodic income payments, unless you have directed us to pay them to someone else. This Contract cannot be jointly owned by both a non-living person and a living person. If the Owner is a trust, the Owner will be considered a non-living person.

You may exercise all the rights stated in this Contract, subject to the rights of any irrevocable Beneficiary.

You may change the Owner at any time by written request in a form satisfactory to us. Each change is subject to any payment we make or other action we take before we accept it. If we accept a change, the change will take effect as of the date you signed the request.

You may not assign an interest in this Contract as collateral or security for a loan. However, you may assign periodic income payments under this Contract before the Payout Start Date. We are bound by an assignment only if it is signed by you and filed with us. We are not responsible for the validity of an assignment.

If more than one person is designated as Owner:

- o Owner as used in this Contract refers to all people named as Owners, unless otherwise indicated;
- o any request to exercise ownership rights must be signed by all Owners;
- o on the death of any person who is an Owner, the surviving person(s) named as Owner(s) will continue as Owner(s), as described in the Death of Owner provision; and,
- o if any Owner is a non-living person, when the Annuitant dies, the Death of Annuitant provision will apply.

Annuitant. The Annuitant is the person named on the Annuity Data Page. The Annuitant must be a living person. If the Owner is a living person, the Owner may change the Annuitant prior to the Payout Start Date by written notice in a form satisfactory to us. Once we accept a change, it takes effect as of the date you signed the request. Each change is subject to any payment we make or other action we take before we accept it.

Beneficiary. The two classes of Beneficiaries are Primary Beneficiaries and Contingent Beneficiaries. Primary Beneficiaries and Contingent Beneficiaries are individually and collectively referred to herein as "Beneficiaries".

The Primary Beneficiary is the person(s) named on the Annuity Data Page unless later changed by the Owner. The Primary Beneficiary is the Beneficiary(ies) who is first entitled to receive benefits under this Contract upon the death of the sole surviving Owner.

The Contingent Beneficiary is the person(s) named on the Annuity Data Page unless later changed by the Owner. The Contingent Beneficiary is entitled to receive benefits under the Contract upon the death of the sole surviving Owner, when all Primary Beneficiary(ies) predecease the sole surviving Owner.

You may change or add Beneficiaries at any time by written request in a form satisfactory to us, unless you have designated an irrevocable Beneficiary. Once we accept a request, the change will take effect as of the date you signed the request. Any change is subject to any payment we make or other action we take before we accept the change.

If no named Beneficiary is living when the sole surviving Owner dies, or if a Beneficiary has not been named, the new Beneficiary will be:

- o your spouse, or if he or she is no longer living,
- o your surviving children equally, or if you have no surviving children,
- o your estate.

For the purposes of this Contract, children are natural children and adopted children only.

Unless you have provided written directions to the contrary, in a form satisfactory to us, the Beneficiaries will take equal shares. If there is more than one Beneficiary in a class and one of the Beneficiaries predeceases the Owner, the deceased Beneficiary's entire share will be divided among the remaining Beneficiaries in that class in proportion to the remaining Beneficiaries' original shares.

Survivor Clause

For purposes of this Contract, in determining whether a living person, including an Owner, Primary Beneficiary, Contingent Beneficiary, or Annuitant ("Living Person A") has survived another living person, including an Owner, Primary Beneficiary, Contingent Beneficiary, or Annuitant ("Living Person B"), Living Person A must survive Living Person B by at least 24 hours. Otherwise, Living Person A will be conclusively deemed to have predeceased Living Person B.

ACCUMULATION PHASE

Accumulation Phase. The "Accumulation Phase" is the first of the two phases of this Contract. The Accumulation Phase begins on the Issue Date stated on the Annuity Data Page. This phase will continue until the Payout Start Date unless the Contract is terminated before that date.

Contract Year. A "Contract Year" is the 365 day period (366 days for a leap year) beginning on the Issue Date and on each anniversary of the Issue Date ("Contract Anniversary").

Purchase Payment. The amount of the Purchase Payment is shown on the Annuity Data Page. We reserve the right to limit the amount of the Purchase Payment we will accept to a minimum of \$10,000 and a maximum of \$1,000,000, without prior approval.

Guarantee Period. We will offer term lengths you may choose from for your Guarantee Period Accounts from one to fifteen years. A new Guarantee Period begins each time a new Guarantee Period Account is established.

At the end of a Guarantee Period, we will automatically renew the Contract Value to a new Guarantee Period of the same duration as the previous Guarantee Period to be established on the day the previous Guarantee Period expired. Upon the expiration of each Guarantee Period, we will send you a renewal notice stating the renewal annualized effective interest rate for such account.

We may add to, modify or eliminate the term lengths we offer at our discretion.

Guarantee Period Account Valu. The Guarantee Period Account Value is equal to the amount of the purchase payment allocated to a Guarantee Period Account;

- o plus credited interest to the Guarantee Period Account;
- o less any withdrawals of purchase payments and/or interest from the Guarantee Period Account; and
- o if any such withdrawals is a Net Withdrawal, as defined in the Withdrawal provision below,
 - o any applicable Withdrawal Charges and taxes imposed for such withdrawals will also be deducted from the Guarantee Period Account; and
 - o the appropriate Market Value Adjustments will be made to the Guarantee Period Account.

Contract Value. Your "Contract Value" is equal to the sum of all the Guarantee Period Account Values.

Window Period. The 45 day period following the expiration of the term of a Guarantee Period Account.

Guarantee Period Account. A new Guarantee Period Account is established when you:

- o allocate a portion of the purchase payment to a Guarantee Period Account; or
- o select a new Guarantee Period after a prior Guarantee Period Account expires.

Each Guarantee Period Account is identified by the date the Guarantee Period Account was established and the term length of the Guarantee Period Account.

Before the expiration of each Guarantee Period Account, we will mail you a notice outlining the options available to you for the expiring account. During the Window Period, you may:

- o apply the Guarantee Period Account Value to a new Guarantee Period(s) to be established as of the day immediately following the expiration date of the expiring Guarantee Period Account ("New Account Start Date") at the annualized effective interest rate(s) declared by us for the new Guarantee Period(s); or
- o withdraw all or a portion of the Guarantee Period Account Value without a Withdrawal Charge or Market Value Adjustment.

If we do not receive notification from you within the Window Period, you will be deemed to have elected to transfer the Guarantee Period Account Value of the expiring Guarantee Period Account to establish a new Guarantee Period Account of the same term length and the amount in the new Guarantee Period Account will continue to earn interest at the annualized effective interest rate declared for the new Guarantee Period Account.

If we no longer offer that term length, then we will allocate the amount in the Guarantee Period Account to a new Guarantee Period Account with the next shortest term currently offered.

If we receive notification of your election to make a withdrawal from an expiring Guarantee Period Account:

- o on or before the New Account Start Date, the withdrawal will be deemed to have occurred on the New Account Start Date.
- o after the New Account Start Date, but before the expiration of the Window Period,
 - o the withdrawal will be made on the day we process your withdrawal request; and
 - o the amount withdrawn will earn interest for the period beginning on the New Account Start Date and ending on the day the withdrawal is made. The amount of interest earned will be at the interest rate we declared for a Guarantee Period Account of the same term length as the expiring Guarantee Period Account. Any remaining balance not withdrawn will earn interest for the term of the new Guarantee Period Account, at the annualized effective interest rate declared for such account.

// // // // // // // // Withdrawals from a Guarantee Period Account will be subject to a Market Value Adjustment, as set forth below.

A Market Value Adjustment is an increase or decrease in the amount withdrawn reflecting changes in the level of interest rates since the Guarantee Period Account was established. As used in the formula below, "Treasury Rate" means the U. S. Treasury Note Constant Maturity yield as reported in Federal Reserve Bulletin Release H.15. If such yields cease to be available in Federal Reserve Bulletin Release H. 15, then we will use an alternate source for such information in our discretion. The Market Value Adjustment is based on the following:

- I = the Treasury Rate for a maturity equal to the term length of the Guarantee Period Account for the week preceding the establishment of the Guarantee Period Account;
- J = the Treasury Rate for the same maturity as I, as of the week preceding our receipt of your withdrawal request; and
- N = the number of whole and partial years from the date we receive your request until the end of the relevant Guarantee Period.

An adjustment factor is determined from the following formula:

$$.9 \times \{I - (J + .0025)\} \times N$$

The Market Value Adjustment equals the adjustment factor multiplied by the amount withdrawn from a Guarantee Period Account that exceeds the Free Withdrawal Amount for that account.

Any Market Value Adjustment will be waived on withdrawals taken during the Window Period following the end of a Guarantee Period.

Any Market Value Adjustment will be waived on withdrawals taken to satisfy IRS minimum distribution rules but only to the extent the cumulative Free Withdrawal Amounts of all your Guarantee Period Accounts have been depleted. The waiver of any Market Value Adjustment under this provision is permitted only for withdrawals that satisfy required distributions resulting solely from this Contract.

Crediting Interest. Interest will be credited daily at a rate which compounds over one year to the annualized effective interest rate we declared when the purchase payment was allocated. We will credit interest to the purchase payment from the Issue Date at the Annualized Effective Interest Rate shown on the Annuity Data Page. We will credit interest to a renewed Guarantee Period Account from the New Account Start Date at the annualized effective interest rate declared by us. We reserve the right to vary the annualized effective interest rate we credit based upon the Contract Value on each anniversary of the applicable Guarantee Period Account.

Withdrawal. You have the right, subject to the restrictions and charges described in this Contract, to withdraw part or all of your Contract Value at any time during the Accumulation Phase. A withdrawal must be at least \$250. If any withdrawal reduces the Contract Value to less than \$10,000, we may treat the request as a withdrawal of the entire Contract Value. If you withdraw the entire Contract Value, this Contract will terminate.

Withdrawals are subject to deductions for applicable Withdrawal Charges and taxes. They are also subject to Market Value Adjustments. When you make a withdrawal, you must specify whether you choose to make a Gross Withdrawal or a Net Withdrawal. Under the Gross Withdrawal, the deductions and adjustments are made to the withdrawal payment you receive. Under a Net Withdrawal, these deductions and adjustments are made to the Guarantee Period Account Value. If you do not specify which of these options you choose, your withdrawal will be deemed to be a Gross Withdrawal.

You must specify the Guarantee Period Account(s) from which you wish to make a withdrawal. If you do not specify the Guarantee Period Accounts from which you wish to make a withdrawal, we will withdraw funds from any Guarantee Period Account(s) that are in a Window Period. If the combined Guarantee Period Account Values from all such Guarantee Period Accounts are not sufficient to fund your withdrawal, we will then withdraw funds from Guarantee Period Accounts that are not in a Window Period. The amount we withdraw from each Guarantee Period Account will be in proportion that the Guarantee Period Account Value of that Guarantee Period Account bears to the total Guarantee Period Account Value of all Guarantee Period Accounts not in a Window Period.

Free Withdrawal Amount. The Free Withdrawal Amount for a Guarantee Period Account in a Contract Year is equal to 10% of the Guarantee Period Account Value immediately before you make the first withdrawal from any Guarantee Period Account in that Contract Year. The Free Withdrawal Amount for each Guarantee Period Account is calculated for each Contract Year.

During each Contract Year you may withdraw the Free Withdrawal Amount for any Guarantee Period Account without incurring a Withdrawal Charge or Market Value Adjustment; however, the amount withdrawn may be subject to any applicable taxes. If you do not withdraw the entire Free Withdrawal Amount from a Guarantee Period Account during a Contract Year, any remainder is not carried forward to increase the Free Withdrawal Amount in a subsequent Contract Year nor is it carried forward to increase the Free Withdrawal Amount of any other Guarantee Period Account. The Free Withdrawal Amount is only available during the Accumulation Phase of the Contract.

Withdrawal Charge. A Withdrawal Charge may be assessed on certain withdrawals from a Guarantee Period Account.

Withdrawals from a Guarantee Period Account during the Accumulation Phase that exceed the Free Withdrawal Amount for that account will be subject to a Withdrawal Charge as follows:

Contract Year:	1	2	3	4	5	6	7	8	9	10	11+
Withdrawal Charge Percentage:	7%	7%	7%	6%	6%	5%	4%	3%	2%	1%	0%

The Withdrawal Charge for a given Guarantee Period Account is determined by multiplying the Withdrawal Charge Percentage corresponding to the Contract Year in the table above by the amount of each withdrawal that exceeds the Free Withdrawal Amount for that account.

Withdrawals taken to satisfy IRS minimum distribution rules will reduce the Free Withdrawal Amount for the Guarantee Period Account(s) from which the withdrawals are made. Any Withdrawal Charge will be waived on withdrawals taken to satisfy IRS minimum distribution rules but only to the extent the cumulative Free Withdrawal Amounts of all your Guarantee Period Accounts have been depleted. The waiver of Withdrawal Charge under this provision is permitted only for withdrawals that satisfy required distributions resulting solely from this Contract.

Taxes. Any premium tax relating to this Contract may be deducted from purchase payments or the Contract Value when the tax is incurred or at a later time.

Death of Owner. If you die before the Payout Start Date, the new Owner will be the surviving Owner. If there is no surviving Owner, the new Owner will be the Beneficiary(ies) as described in the Beneficiary provision.

If there is more than one new Owner taking a share of the Death Proceeds, described in the Death Proceeds provision, each new Owner will be treated as a separate and independent Owner of his or her respective share of the Death Proceeds. Each new Owner will exercise all rights related to his or her share of the Death Proceeds, including the sole right to elect one of the Option(s) below for his or her respective share. Each new Owner may designate a Beneficiary(ies) for his or her respective share, but that designated Beneficiary(ies) will be restricted to the Option chosen by the original new Owner.

The Options available to the new Owner will be determined by the applicable following Category in which the new Owner is defined. An Option will be deemed to have been chosen on the day we receive written notification in a form satisfactory to us.

Category 1. If your spouse is the sole new Owner of the entire Contract, the Contract will continue in the Accumulation Phase, unless your spouse chooses from Options A, B, or C, described below. If you were also the Annuitant, then your spouse will be the new Annuitant, unless he or she names a new Annuitant, as described in the Annuitant provision.

Your spouse may make a single withdrawal of any amount within one year of the date of your death without incurring a Withdrawal Charge; however, the amount withdrawn may be subject to a Market Value Adjustment.

Category 2. If the new Owner is a living person who is not your spouse, or if there are multiple living new Owners, the new Owner(s) must each choose from Options A, B or C, described below. If a new Owner does not choose one of these Options, Option A will apply for such new Owner.

Category 3. If the new Owner is a corporation, trust or other non-living person, the new Owner must choose between Options A or C, described below. If the new Owner does not choose either of these Options, Option A will apply.

The following Death of Owner Options are available, as applicable:

Option A. The new Owner may receive the Contract Value payable within 5 years of the date of your death. Withdrawal Charges will be waived for any withdrawals made during this 5 year period; however the amount withdrawn may be subject to a Market Value Adjustment.

If the new Owner dies before the end of the 5 year period and before the complete liquidation of the Contract Value, then the new Owner's Beneficiary(ies) will receive the remaining Contract Value. This amount must be fully withdrawn within 5 years of the date of your death.

Option B. The new Owner may elect, within 11 months of the date of your death, to receive the Death Proceeds paid out under one of the Income Plans described in the Payout Phase section, subject to the following conditions:

Income payments must begin within one year of your date of death. Income payments must be payable:

- i. over the life of the new Owner; or
- ii. for a guaranteed payment period of at least 5 years, but not to exceed the life expectancy of the new Owner; or
- iii. over the life of the new Owner with a guaranteed payment period of at least 5 years, but not to exceed the life expectancy of the new Owner.

Option C. The new Owner may elect to receive the Death Proceeds in a lump sum.

All ownership rights subject to the conditions stated in this provision or any restrictions previously placed upon the Beneficiary, are available to the new Owner from the date of your death until the date on which the Death Proceeds are paid.

We reserve the right to offer additional Death of Owner Options.

If the Owner dies after the Payout Start Date, refer to the Payout Phase section of this Contract.

Death of Annuitant. If the Annuitant who is also the Owner dies before the Payout Start Date, the Death of Owner provision above applies.

If the Annuitant who is not also the Owner dies before the Payout Start Date, the Options available to the Owner will be determined by the applicable following Category in which the Owner is defined.

Category 1. If the Owner is a living person, the Contract will continue in the Accumulation Phase with a new Annuitant.

The new Annuitant will be:

- o a person you name by written request subject to the conditions described in the Annuitant provision of this Contract; otherwise,
- o the youngest Owner; otherwise,
- o the youngest Beneficiary.

Category 2. If the Owner is a corporation, trust or other non-living person, the Owner must receive the Contract Value payable within 5 years of the Annuitant's death.

Withdrawal Charges will be waived for any withdrawals made during this 5 year period; however the amount withdrawn may be subject to a Market Value Adjustment.

All ownership rights, subject to the conditions stated in this provision, are available to the Owner from the date of the Annuitant's death until the date on which the Death Proceeds are paid.

We reserve the right to offer additional Death of Annuitant Options.

If the Annuitant dies after the Payout Start Date, refer to the Payout Phase section of this Contract.

Death Proceeds. Before the Payout Start Date, the Death Proceeds are equal to the Contract Value. The value of the Death Proceeds is calculated as of the date we receive the first complete request for settlement from any Owner. A complete request must include due proof of death.

PAYOUT PHASE

Payout Phase. The "Payout Phase" is the second of the two phases of this Contract. The Payout Phase begins on the Payout Start Date. It continues until we make the last payment as provided by the Income Plan chosen.

Payout Start. Date The "Payout Start Date" is the date the Contract Value less any applicable taxes is applied to an Income Plan. The anticipated Payout Start Date is shown on the Annuity Data Page. You may change the Payout Start Date by writing to us at least 30 days before the new Payout Start Date.

The Payout Start Date must be at least 30 days after the Issue Date, and occur on or before the later of:

- 0 the Annuitant's 90th birthday; or
- 0 the 10th Contract Anniversary.

Income Plans. An "Income Plan" is a series of payments made on a scheduled basis to you or to another person designated by you. You may choose only one Income Plan. The Contract Value on the Payout Start Date less any applicable taxes, will be applied to your Income Plan choice from the following list.

The "Guaranteed Payment Period" is the period of time over which income payments are guaranteed to be paid.

Income Plan 1 - Life Income with Guaranteed Payment Period. We will make payments for as long as the Annuitant lives, or until the end of the Guaranteed Payment Period, if longer. The Guaranteed Payment Period may range from 0 to 360 months. If the Annuitant is age 90 or older on the Payout Start Date, the Guaranteed Payment Period may range from 60 to 360 months.

Income Plan 2 - Joint and Survivor Life Income with Guaranteed Payment Period. We will make payments for as long as either the Annuitant or joint Annuitant, named at the time of Income Plan selection, lives, or until the end of the Guaranteed Payment Period, if longer. The Guaranteed Payment Period may range from 0 to 360 months. If either the Annuitant or joint Annuitant is age 90 or older on the Payout Start Date, the Guaranteed Payment Period may range from 60 to 360 months.

Income Plan 3 - Guaranteed Payment Period. We will make payments for a Guaranteed Payment Period. These payments do not depend on the Annuitant's life. The minimum Guaranteed Payment Period is 60 months (120 months if the Payout Start Date occurs before the third Contract Anniversary). The maximum Guaranteed Payment Period is 360 months or the number of full months between the Payout Start Date and the date that the Annuitant reaches age 100, if greater. In no event may the Guaranteed Payment Period exceed 600 months.

We reserve the right to make available other Income Plans.

Payout Terms and Conditions. The income payments are subject to the following terms and conditions:

- 0 If the Contract Value is less than \$3,000 when it is applied to the Income Plan you choose, or if the Contract Value is not enough to provide an initial payment of at least \$20 when it is applied to the Income Plan you choose, we reserve the right to:
 - 0 change the payment frequency to make the payment at least \$20; or
 - 0 terminate the Contract and pay you the Contract Value less any applicable taxes in a lump sum.
- 0 If we do not receive a written selection of an Income Plan from you at least 30 days before the Payout Start Date, the Income Plan will be deemed to be Life Income with a Guaranteed Payment Period of 120 months.
- 0 If you choose an Income Plan which depends on any person's life, we may require:
 - 0 proof of age and sex before income payments begin; and
 - 0 proof that the Annuitant or joint Annuitant is still alive before we make each payment.
- 0 After the Payout Start Date:
 - 0 a new Income Plan may not be selected;
 - 0 amounts may not be reallocated to a different Income Plan;
 - 0 the Income Plan cannot be changed;
 - 0 withdrawals cannot be made; and
 - 0 the Annuitant may not be changed.
- 0 If any Owner dies during the Payout Phase, the new Owner will be the surviving Owner. If there is no surviving Owner, the new Owner will be the Beneficiary(ies) as described in the Beneficiary provision. Any remaining income payments will be paid to the new Owner as scheduled.

 INCOME PAYMENT TABLES

The Income Payment Tables shown below contain monthly income payment factors per \$1,000 applied, which were calculated using the Annuity 2000 Mortality Tables and an annualized effective interest rate of 3%. For ages, Guaranteed Payment Periods, combinations of sex, payment frequencies, and annualized effective interest rates not shown in these examples, income payment factors will be calculated on a basis consistent with the factors shown. The adjusted age of the Annuitant is used to determine the appropriate monthly income payment factor to apply for the selected Income Plan. The adjusted age is the actual age of the Annuitant(s) on the Payout Start Date, reduced by one year for each six full calendar years between January 1, 2000 and the Payout Start Date.

Income Plan 1 - Life Income with Guaranteed Payment Period for 120 Months

 Monthly Income Payment for each \$1,000 Applied to this Income Plan

Annuitant's Adjusted Age	Male	Female	Annuitant's Adjusted Age	Male	Female	Annuitant's Adjusted Age	Male	Female
35	\$3.34	\$3.22	49	\$3.99	\$3.76	63	\$5.23	\$4.84
36	3.38	3.24	50	4.05	3.81	64	5.35	4.95
37	3.41	3.27	51	4.11	3.87	65	5.49	5.07
38	3.45	3.30	52	4.18	3.93	66	5.62	5.20
39	3.49	3.34	53	4.26	3.99	67	5.77	5.33
40	3.53	3.37	54	4.33	4.06	68	5.92	5.47
41	3.57	3.41	55	4.41	4.13	69	6.07	5.62
42	3.62	3.44	56	4.50	4.20	70	6.23	5.78
43	3.66	3.48	57	4.58	4.28	71	6.39	5.94
44	3.71	3.52	58	4.68	4.36	72	6.56	6.11
45	3.76	3.57	59	4.78	4.45	73	6.73	6.29
46	3.81	3.61	60	4.88	4.54	74	6.90	6.48
47	3.87	3.66	61	4.99	4.63	75	7.08	6.67
48	3.93	3.71	62	5.11	4.73			

Income Plan 2 - Joint and Survivor Life Income with Guaranteed Payment Period for 120 Months

 Monthly Income Payment for each \$1,000 Applied to this Income Plan

Female Annuitant's Adjusted Age

Male Annuitant's Adjusted Age	35	40	45	50	55	60	65	70	75
35	\$3.06	\$3.12	\$3.17	\$3.22	\$3.26	\$3.28	\$3.31	\$3.32	\$3.33
40	3.10	3.18	3.26	3.32	3.38	3.43	3.46	3.49	3.51
45	3.13	3.23	3.33	3.43	3.52	3.59	3.65	3.69	3.72
50	3.16	3.27	3.40	3.53	3.65	3.76	3.86	3.93	3.98
55	3.18	3.30	3.45	3.61	3.77	3.94	4.08	4.20	4.29
60	3.19	3.33	3.49	3.68	3.88	4.10	4.31	4.51	4.66
65	3.20	3.34	3.52	3.73	3.97	4.24	4.54	4.83	5.08
70	3.21	3.35	3.54	3.76	4.03	4.36	4.73	5.13	5.52
75	3.21	3.36	3.55	3.78	4.07	4.44	4.87	5.38	5.92

Income Plan 3 - Guaranteed Payment Period

Specified Period	Monthly Income Payment for each \$1,000 Applied to this Income Plan
10 Years	\$9.61
11 Years	8.86
12 Years	8.24
13 Years	7.71
14 Years	7.26
15 Years	6.87
16 Years	6.53
17 Years	6.23
18 Years	5.96
19 Years	5.73
20 Years	5.51

GENERAL PROVISIONS

The Entire Contract. The entire contract consists of this Contract, the annuity data page, any written applications, and any Contract endorsements and riders.

All statements made in written applications are representations and not warranties. No statement will be used by us in defense of a claim or to void the Contract unless it is included in a written application. If your Contract is voided, you will receive any purchase payments less any withdrawals, excluding accrued interest.

Unless otherwise specified, all references in this Contract to days, months or years shall mean calendar days, months or years.

Only our officers are authorized to change the Contract or waive a right or requirement of the Contract. No other individual is authorized to do this.

We may not modify this Contract without your signed consent, except to make it comply with any changes in the Internal Revenue Code or as required by any other applicable law or as otherwise permitted by the terms of this Contract.

Incontestability. Except as provided in the Entire Contract provision above, this Contract will be incontestable after it has been in force during your lifetime for a period of two years from the Issue Date.

Misstatement of Age or Sex. If any age or sex has been misstated, we will pay the amounts which would have been paid at the correct age and sex.

If we find the misstatement of age or sex after the income payments begin, we will:

- 0 pay all amounts underpaid including interest calculated at an effective annual rate of 6%; or
- 0 stop payments until the total income payments made are equal to the total amounts that would have been made if the correct age and sex had been used.

Annual Statement. At least once a year, before the Payout Start Date, we will send a statement to you at the last address we have for you in our records reporting Contract Values. The effective date of the information in the annual statement will not be more than two months before the date of the mailing. We will provide you with Contract Value information at any time upon your request. The information presented will comply with any applicable law.

Settlements. We must receive due proof of death of the Owner or due proof of death of the Annuitant before the settlement of a death claim.

Any full withdrawal or payment of death proceeds under this Contract will not be less than the minimum benefits required by any statute of the state in which the Contract is delivered.

Deferment of Payments. We reserve the right to postpone payments for up to six months. If we elect to postpone payments for 30 days or more, we will pay interest as required by applicable law. Any such interest will be payable from the date the payment request is received by us to the date the payment is made.

ALLSTATE
APPLICATION FOR THE ALLSTATE CHOICERATE ANNUITY
Issued by: Allstate Life Insurance Company
P.O. Box 80469
Lincoln, NE 68501-0469

Make check payable to: Allstate Life Insurance Company FIN346

1. Owner(s)

If the owner is a trust or other non-living entity, it is a surviving owner and will receive any death benefit due regardless of any beneficiaries designated on the contract.

Name // M // F Birthdate
Address Soc.Sec. No./TIN
City State Zip Owner(s) Phone No.

Name // M // F Birthdate
Address Soc.Sec. No./TIN
City State Zip Owner(s) Phone No.

Are the Owner(s), Annuitant and Beneficiary(ies) U.S. Citizens? // Yes // No If No, provide name and country of each in Special Instructions.

2. Annuitant

Leave blank if Annuitant is the same a sole Owner; otherwise complete.

Name // M // F Birthdate
Address Soc.Sec. No./TIN
City State Zip

3. Beneficiary(ies)

Include additional beneficiary information under Special Instructions.

Primary Relationship to Owner
Soc. Sec. No./TIN Birthdate %
Address City State Zip
Contingent Relationship to Owner
Soc. Sec. No./TIN Birthdate %
Address City State Zip

4. Owner Type

// Individual // Non Grantor Trust // Corporate/Association
// Tax Exempt/NonProfit Organization // Minor // Partnership
// Grantor Trust // Custodial Account // Qualified Plan/Type

5. Tax Qualified Plan Type:

// Yes // No (Check one - If Yes, complete the following)
// Traditional IRA // ROTH IRA // SEP-IRA // Employer // Employee
// Other // IRA Rollover // IRA Transfer // Contribution \$
Contribution Year

6. Purchase Payment

Total Purchase Payment \$

7. Annuity Plan

\$ for year(s) \$ for year(s)

8. Special Instructions

9. Replacement Information

Do you have any existing annuity or life insurance contracts? // Yes // No
Will this annuity replace or change any existing annuity or life insurance?
//Yes // No (If Yes, complete the following.)

Company Policy No.

10. Signature(s) Owner(s) Signature(s) Required

I have read the above statements and represent that they are complete and true to the best of my knowledge and belief. I have read the applicable fraud warning for my state on the reverse side. I understand that withdrawals made prior to the end of a guarantee period may be subject to a Market Value Adjustment (MVA) which may be positive or negative.

Under penalties of perjury, I certify that: (1) The number shown on this form is my correct taxpayer identification number (or I am waiting for a number to be issued to me), and (2) I am not subject to backup withholding because: (a) I am exempt from backup withholding, or (b) I have not been notified by the Internal Revenue Service (IRS) that I am subject to back up withholding as a result of a failure to report all interest or dividends, or (c) the (IRS) has notified me that I am no longer subject to backup withholding, (3) I am a U.S. person (including U.S. resident alien). The Internal Revenue Service does not require your consent to any provisions of this document other than the certification required to avoid backup withholding.

Signed at _____ Date ____/____/____

City State

Owner(s) Signature(s) _____ Owner(s) Signature(s) _____

Owner(s) Signature(s) _____ Owner(s) Signature(s) _____

11. Agent Use Only

To the best of my knowledge the insured has an existing annuity or life insurance contract. // Yes // No Do you have any reason to believe that the annuity applied for is to replace or change any existing annuity or life insurance // Yes // No

Agent Name (Please Print) _____ Phone No. () _____

Agent Signature _____ Agent No. _____

Participating Agent Name _____ Agent No. _____

FL License No.: Writing Agent _____ Participating Agent _____

IMPORTANT INFORMATION

For applicants in Arizona: Upon your written request we will provide you, within a reasonable period of time, reasonable factual information concerning the benefits and provisions of the annuity contract to you. If for any reason you are not satisfied with the contract, you may return it within 20 days after it is delivered and receive a full refund of the monies paid.

For applicants in Arkansas, Kentucky, Maine, Ohio, and Pennsylvania: Any person who knowingly and with intent to defraud any insurance company or other person files an application for insurance or statement of claim containing any materially false information or conceals, for the purpose of misleading, information concerning any fact material thereto commits a fraudulent insurance act, which is a crime and subjects such person to criminal and civil penalties.

For applicants in Colorado: It is unlawful to knowingly provide false, incomplete, or misleading facts or information to an insurance company for the purpose of defrauding or attempting to defraud the company. Penalties may include imprisonment, fines, denial of insurance, and civil damages. Any insurance company or agent of an insurance company who knowingly provides false, incomplete, or misleading facts or information to a policy holder or claimant for the purpose of defrauding or attempting to defraud the policy holder or claimant with regard to a settlement or award payable from insurance proceeds shall be reported to the Colorado Division of Insurance within the Department of Regulatory Agencies.

For applicants in the District of Columbia and Tennessee: Warning: It is a crime to provide false or misleading information to an insurer for the purpose of defrauding the insurer or any other person. Penalties include imprisonment and/or fines. In addition, an insurer may deny insurance benefits if false information materially related to a claim was provided by the applicant.

For applicants in Florida: Any person who knowingly and with intent to injure, defraud, or deceive any insurer files a statement of claim or an application containing any false, incomplete, or misleading information is guilty of a felony of the third degree.

For applicants in Georgia: Any person who knowingly and with intent to injure, defraud, or deceive any insurer files a statement of claim, or an application containing any false, incomplete or misleading information may be guilty of a felony of the third degree.

For applicants in Louisiana and Oregon: Any person who knowingly presents a false or fraudulent claim for payment of a loss or benefit or knowingly presents false information in an application for insurance is guilty of a crime and may be subject to fines and confinement in prison.

For applicants in New Jersey: Any person who includes any false or misleading information on an application for an insurance policy is subject to criminal and civil penalties.

For applicants in New Mexico: Any person who knowingly presents a false or fraudulent claim for payment of a loss or benefit or knowingly presents false information in an application for insurance is guilty of a crime and may be subject to civil fines and criminal penalties.

For applicants in Texas: Any person who, with intent to defraud or knowing that he/she is facilitating a fraud against an insurer, subjects an application or files a claim containing a false or deceptive statement, commits insurance fraud, which is a crime and subjects the person to civil and criminal penalties.

ALLSTATE
APPLICATION FOR THE ALLSTATE CHOICERATE ANNUITY

Issued by: Allstate Life Insurance Company
P.O. Box 80469
Lincoln, NE 68501-0469

Make check payable to: Allstate Life Insurance Company FIN346

1. Owner(s)

If the owner is a trust or other non-living entity, it is a surviving owner and will receive any death benefit due regardless of any beneficiaries designated on the contract.

Name _____ // M // F Birthdate ___/___/___
Address _____ Soc.Sec. No./TIN ___-___-___
City _____ State _____ Zip _____ Owner(s) Phone No. ___-___-___

Name _____ // M // F Birthdate ___/___/___
Address _____ Soc.Sec. No./TIN ___-___-___
City _____ State _____ Zip _____ Owner(s) Phone No. ___-___-___

Are the Owner(s), Annuitant and Beneficiary(ies) U.S. Citizens? // Yes // No If No, provide name and country of each in Special Instructions.

2. Annuitant

Leave blank if Annuitant is the same a sole Owner; otherwise complete.

Name _____ // M // F Birthdate ___/___/___
Address _____ Soc.Sec. No./TIN ___-___-___
City _____ State _____ Zip _____

3. Beneficiary(ies)

Include additional beneficiary information under Special Instructions.

Primary _____ Relationship to Owner _____
Soc. Sec. No./TIN ___-___-___ Birthdate ___/___/___ _____ %
Address _____ City _____ State _____ Zip _____
Contingent _____ Relationship to Owner _____
Soc. Sec. No./TIN ___-___-___ Birthdate ___/___/___ _____ %
Address _____ City _____ State _____ Zip _____

4. Owner Type

// Individual // Non Grantor Trust // Corporate/Association
// Tax Exempt/NonProfit Organization // Minor // Partnership
// Grantor Trust // Custodial Account // Qualified Plan/Type _____

5. Tax Qualified Plan Type:

// Yes // No (Check one - If Yes, complete the following)
// Traditional IRA // ROTH IRA // SEP-IRA // Employer // Employee
// Other _____ // IRA Rollover // IRA Transfer // Contribution \$ _____
Contribution Year _____

6. Purchase Payment

Total Purchase Payment \$ _____

7. Annuity Plan

\$ _____ for _____ year(s) \$ _____ for _____ year(s)

8. Special Instructions

9. Replacement Information

Do you have any existing annuity or life insurance contracts? // Yes // No
Will this annuity replace or change any existing annuity or life insurance?
//Yes // No (If Yes, complete the following.)

Company _____ Policy No. _____

10. Signature(s) Owner(s) Signature(s) Required

I have read the above statements and represent that they are complete and true to the best of my knowledge and belief. I have read the applicable fraud warning for my state on the reverse side. I understand that withdrawals made prior to the end of a guarantee period may be subject to a Market Value Adjustment (MVA) which may be positive or negative.

Under penalties of perjury, I certify that: (1) The number shown on this form is my correct taxpayer identification number (or I am waiting for a number to be issued to me), and (2) I am not subject to backup withholding because: (a) I am exempt from backup withholding, or (b) I have not been notified by the Internal Revenue Service (IRS) that I am subject to back up withholding as a result of a failure to report all interest or dividends, or (c) the (IRS) has notified me that I am no longer subject to backup withholding, (3) I am a U.S. person (including U.S. resident alien). The Internal Revenue Service does not require your consent to any provisions of this document other than the certification required to avoid backup withholding.

Signed at _____ Date ___/___/___

City _____ State _____
Owner(s) Signature(s) _____ Owner(s) Signature(s) _____
Owner(s) Signature(s) _____ Owner(s) Signature(s) _____

11. Agent Use Only

To the best of my knowledge the insured has an existing annuity or life insurance contract. // Yes // No Do you have any reason to beleive that the annuity applied for is to replace or change any existing annuity or life insurance // Yes // No

Agent Name (Please Print) _____ Phone No. () _____
Agent Signature _____ Agent No. _____
Participating Agent Name _____ Agent No. _____
FL License No.: Writing Agent _____ Participating Agent _____

IMPORTANT INFORMATION

For applicants in Arizona: Upon your written request we will provide you, within a reasonable period of time, reasonable factual information concerning the benefits and provisions of the annuity contract to you. If for any reason you are not satisfied with the contract, you may return it within 20 days after it is delivered and receive a full refund of the monies paid.

For applicants in Arkansas, Kentucky, Maine, Ohio, and Pennsylvania: Any person who knowingly and with intent to defraud any insurance company or other person files an application for insurance or statement of claim containing any materially false information or conceals, for the purpose of misleading, information concerning any fact material thereto commits a fraudulent insurance act, which is a crime and subjects such person to criminal and civil penalties.

For applicants in Colorado: It is unlawful to knowingly provide false, incomplete, or misleading facts or information to an insurance company for the purpose of defrauding or attempting to defraud the company. Penalties may include imprisonment, fines, denial of insurance, and civil damages. Any insurance company or agent of an insurance company who knowingly provides false, incomplete, or misleading facts or information to a policy holder or claimant for the purpose of defrauding or attempting to defraud the policy holder or claimant with regard to a settlement or award payable from insurance proceeds shall be reported to the Colorado Division of Insurance within the Department of Regulatory Agencies.

For applicants in the District of Columbia and Tennessee: Warning: It is a crime to provide false or misleading information to an insurer for the purpose of defrauding the insurer or any other person. Penalties include imprisonment and/or fines. In addition, an insurer may deny insurance benefits if false information materially related to a claim was provided by the applicant.

For applicants in Florida: Any person who knowingly and with intent to injure, defraud, or deceive any insurer files a statement of claim or an application containing any false, incomplete, or misleading information is guilty of a felony of the third degree.

For applicants in Georgia: Any person who knowingly and with intent to injure, defraud, or deceive any insurer files a statement of claim, or an application containing any false, incomplete or misleading information may be guilty of a felony of the third degree.

For applicants in Louisiana and Oregon: Any person who knowingly presents a false or fraudulent claim for payment of a loss or benefit or knowingly presents false information in an application for insurance is guilty of a crime and may be subject to fines and confinement in prison.

For applicants in New Jersey: Any person who includes any false or misleading information on an application for an insurance policy is subject to criminal and civil penalties.

For applicants in New Mexico: Any person who knowingly presents a false or fraudulent claim for payment of a loss or benefit or knowingly presents false information in a application for insurance is guilty of a crime and may be subject to civil fines and criminal penalties.

For applicants in Texas: Any person who, with intent to defraud or knowing that he/she is facilitating a fraud against an insurer, subjects an application or files a claim containing a false or deceptive statement, commits insurance fraud, which is a crime and subjects the person to civil and criminal penalties.

ALLSTATE
APPLICATION FOR THE ALLSTATE CHOICERATE ANNUITY

Issued by: Allstate Life Insurance Company
P.O. Box 94260

Palatine, Illinois 60094 800-203-0068

Make check payable to: Allstate Life Insurance Company

FICCA1

1. Owner(s)

If the owner is a trust or other non-living entity, it is a surviving owner and will receive any death benefit due regardless of any beneficiaries designated on the contract.

Name _____ // M // F Birthdate ___/___/___
Address _____ Soc.Sec. No./TIN ___-___-___
City _____ State _____ Zip _____ Owner(s) Phone No. ___-___-___

Name _____ // M // F Birthdate ___/___/___
Address _____ Soc.Sec. No./TIN ___-___-___
City _____ State _____ Zip _____ Owner(s) Phone No. ___-___-___

Are the Owner(s), Annuitant and Beneficiary(ies) U.S. Citizens? // Yes // No If No, provide name and country of each in Special Instructions.

2. Annuitant

Leave blank if Annuitant is the same a sole Owner; otherwise complete.

Name _____ // M // F Birthdate ___/___/___
Address _____ Soc.Sec. No./TIN ___-___-___
City _____ State _____ Zip _____

3. Beneficiary(ies)

Include additional beneficiary information under Special Instructions.

Primary _____ Relationship to Owner _____
Soc. Sec. No./TIN ___-___-___ Birthdate ___/___/___ %
Address _____ City _____ State _____ Zip _____
Contingent _____ Relationship to Owner _____
Soc. Sec. No./TIN ___-___-___ Birthdate ___/___/___ %
Address _____ City _____ State _____ Zip _____

4. Owner Type

// Individual // Non Grantor Trust // Corporate/Association
// Tax Exempt/NonProfit Organization // Minor // Partnership
// Grantor Trust // Custodial Account // Qualified Plan/Type _____

5. Tax Qualified Plan Type:

// Yes // No (Check one - If Yes, complete the following)
// Traditional IRA // ROTH IRA // SEP-IRA // Employer // Employee
// Other _____ // IRA Rollover // IRA Transfer // Contribution \$ _____
Contribution Year _____

6. Purchase Payment

Total Purchase Payment \$ _____

7. Annuity Plan

\$ _____ for _____ year(s) \$ _____ for _____ year(s)

8. Special Instructions

9. Replacement Information

Do you have any existing annuity or life insurance contracts? // Yes // No
Will this annuity replace or change any existing annuity or life insurance?
//Yes // No (If Yes, complete the following.)

Company _____ Policy No. _____

10. Signature(s) Owner(s) Signature(s) Required

I have read the above statements and represent that they are complete and true to the best of my knowledge and belief. I have read the applicable fraud warning for my state on the reverse side. I understand that withdrawals made prior to the end of a guarantee period may be subject to a Market Value Adjustment (MVA) which may be positive or negative.

Under penalties of perjury, I certify that: (1) The number shown on this form is my correct taxpayer identification number (or I am waiting for a number to be issued to me), and (2) I am not subject to backup withholding because: (a) I am exempt from backup withholding, or (b) I have not been notified by the Internal Revenue Service (IRS) that I am subject to backup withholding as a result of a failure to report all interest or dividends, or (c) the (IRS) has notified me that I am no longer subject to backup withholding, (3) I am a U.S. person (including U.S. resident alien). The Internal Revenue Service does not require your consent to any provisions of this document other than the certification required to avoid backup withholding.

Signed at _____ Date ____/____/____

City State

Owner(s) Signature(s) _____ Owner(s) Signature(s) _____

Owner(s) Signature(s) _____ Owner(s) Signature(s) _____

11. Agent Use Only

To the best of my knowledge the insured has an existing annuity or life insurance contract. // Yes // No Do you have any reason to believe that the annuity applied for is to replace or change any existing annuity or life insurance // Yes // No Institution _____

Agent Name (Please Print) _____ Phone No. () _____
Agent Signature _____ Soc. Sec. No./Agent No. _____
E-Mail Address _____-@_____ FAX No. () _____
FL License No.: _____

IMPORTANT INFORMATION

For applicants in Arizona: Upon your written request we will provide you, within a reasonable period of time, reasonable factual information concerning the benefits and provisions of the annuity contract to you. If for any reason you are not satisfied with the contract, you may return it within 20 days after it is delivered and receive a full refund of the monies paid.

For applicants in Arkansas, Kentucky, Maine, Ohio, and Pennsylvania: Any person who knowingly and with intent to defraud any insurance company or other person files an application for insurance or statement of claim containing any materially false information or conceals, for the purpose of misleading, information concerning any fact material thereto commits a fraudulent insurance act, which is a crime and subjects such person to criminal and civil penalties.

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For applicants in New Mexico: Any person who knowingly presents a false or fraudulent claim for payment of a loss or benefit or knowingly presents false information in a application for insurance is guilty of a crime and may be subject to civil fines and criminal penalties.

For applicants in Texas: Any person who, with intent to defraud or knowing that he/she is facilitating a fraud against an insurer, subjects an application or files a claim containing a false or deceptive statement, commits insurance fraud, which is a crime and subjects the person to civil and criminal penalties.

POWER OF ATTORNEY

WITH RESPECT TO

ALLSTATE LIFE INSURANCE COMPANY
(REGISTRANT)

Know all men by these presents that the undersigned director of Allstate Life Insurance Company constitutes and appoints Casey J. Sylla, and Michael J. Velotta, and each of them (with full power to each of them to act alone) as his true and lawful attorney-in-fact and agent, with full power of substitution, for him in any and all capacities, to sign any registration statements of Allstate Life Insurance Company and any amendments thereto, and to file the same, with exhibits and other documents in connection therewith, with the Securities and Exchange Commission or any other regulatory authority as may be necessary or desirable, hereby ratifying and confirming all that each of said attorney-in-fact and agent, or his substitute or substitutes, may lawfully do or cause to be done by virtue hereof.

February 4, 2003

/s/ DANNY L. HALE

Danny L. Hale
Director

POWER OF ATTORNEY

WITH RESPECT TO

ALLSTATE LIFE INSURANCE COMPANY
(REGISTRANT)

Know all men by these presents that the undersigned director of Allstate Life Insurance Company constitutes and appoints Michael J. Velotta, as his true and lawful attorney-in-fact and agent, with full power of substitution, for him in any and all capacities, to sign any registration statements of Allstate Life Insurance Company and any amendments thereto, and to file the same, with exhibits and other documents in connection therewith, with the Securities and Exchange Commission or any other regulatory authority as may be necessary or desirable, hereby ratifying and confirming all that each of said attorney-in-fact and agent, or his substitute or substitutes, may lawfully do or cause to be done by virtue hereof.

February 4, 2003

/s/ CASEY J. SYLLA

Casey J. Sylla
Director, Chairman of the Board and President