

PRINCIPAL LIFE INCOME FUNDINGS TRUST 2004-5

Form 424B2

April 09, 2004

Filed pursuant to Rule 424(b)(2)
 Registration Statement No. 333-110499 and
 333-110499-01

Pricing Supplement Dated 04/08/2004
 (To Prospectus dated March 5, 2004, and
 Prospectus Supplement dated March 5, 2004)

CUSIP: 74254PAH5

Principal Life Insurance Company
 Principal® Life CoreNotes® (Callable)
 Issued Through
 Principal Life Income Fundings Trust 2004-5 (the Trust)

The description of this pricing supplement of the particular terms of the Principal® Life CoreNotes® offered hereby, and the Funding Agreement (specified below) sold by Principal Life Insurance Company to the Trust (specified herein), the payment obligations of which are fully and unconditionally guaranteed by the Guarantee (specified below) issued by Principal Financial Group, Inc. to the Trust, supplements the description of the general terms and provisions of the notes, the funding agreements and the guarantees set forth in the accompanying prospectus and prospectus supplement, to which reference is hereby made.

1. The Notes

Principal Amount:	\$8,317,000.0	Purchasing Agent Discount:	2.000%
Issue Price:	100.0%	Original Issue Date:	04/14/2004
Net Proceeds to the Trust:	\$8,150,660.0	Stated Maturity Date:	04/15/2019

Interest Payment Dates: The 15th day of every sixth month commencing on 10/15/2004

Initial Interest Payment Date: 10/15/2004

Regular Record Date: The 1st day of every sixth month commencing on 10/01/2004

Type of Interest Rate: Fixed Rate Floating Rate

Fixed Rate Notes: Yes No. If, Yes,

Interest Rate: 5.50%

Floating Rate Notes: Yes No. If, Yes,

Regular Floating Rate Notes: Yes No. If, Yes,

Interest Rate:

Interest Rate

Basis(es):

Floating Rate/Fixed Rate Note: Yes No. If, Yes,

Floating Interest Rate:

Interest Rate Basis(es):

Fixed Interest Rate:

Fixed Rate Commencement Date:

Initial Interest Rate, if any: N/A

Initial Interest Reset Date: N/A

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Trust Put Limitation: x 2%; or \$_____

Redemption Provisions: x Yes o No. If, Yes,
Initial Redemption Date: 04/15/2007
Redemption: x In whole only and not in part
o May be in whole or in part
Additional Other Terms: Any redemption date will be an Interest Payment Date falling on or after the
Initial Redemption Date

Repayment: o Yes x No. If, Yes,
Repayment Date(s):
Repayment Price:
Repayment: o In whole only and not in part
o May be in whole or in part
Additional/Other Terms:

Sinking Fund (not applicable unless specified): N/A

Securities Exchange Listing: o Yes x No. If, Yes,

Authorized Denominations: \$ 1,000
2

Ratings:

The Notes issued under the Program are rated AA by Standard & Poor's (S&P).
 Principal Life expects the Notes to be rated Aa3 by Moody's Investors Service, Inc. (Moody's).

Purchasing Agents Purchasing Notes as Yes No. If Yes:
 Principal:

<u>Purchasing Agent(s)</u>	<u>Principal Amount</u>
Merrill Lynch	\$8,317,000.0
	<hr/>
Total:	\$8,317,000.0
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State of Organization of New York
 the Trust:

Additional/Other Terms: None

Special Tax Considerations: None

2. The Funding Agreement

Funding Agreement Issuer: Principal Life Insurance Company

Funding Agreement No.: 7-06122

Deposit: \$8,317,015.0

Net Deposit: \$8,150,660.0

Effective Date: 04/14/2004

Stated Maturity Date: 04/15/2019

Interest Payment Dates: The 15th day of every sixth month commencing on 10/15/2004

Initial Interest Payment Date: 10/15/2004

Type of Interest Rate: Fixed Rate Floating Rate

Fixed Rate Funding Agreement: Yes No. If, Yes,

Interest Rate: 5.50%

Floating Rate Funding Agreement: Yes No. If, Yes,

Regular Floating Rate Funding Agreement: Yes No. If, Yes,

Interest Rate:
Interest Rate Basis(es):

Floating Rate/Fixed Rate Funding Agreement: Yes No. If, Yes,

Floating Interest Rate:
Interest Rate Basis(es):
Fixed Interest Rate:
Fixed Rate Commencement Date:

Initial Interest Rate, if any: N/A

Initial Interest Reset Date: N/A

Interest Rate Basis(es). Check all that apply: N/A

- CD Rate
- CMT Rate
- LIBOR s
- EURIBOR
- Prime Rate
- Commercial Paper Rate
- Eleventh District Cost of Funds Rate
- Federal Funds Rate
- Treasury Rate
- Other (See Attached)

If LIBOR: LIBOR Reuters Page LIBOR Moneyline Telerate Page
LIBOR Currency:

If CMT Rate:
Designated CMT
Telerate Page:
If 7052: Weekly Average Monthly Average
Designated CMT
Maturity Index:

Index Maturity: N/A
 Spread (+/-): N/A
 Spread Multiplier: N/A
 Interest Reset Date(s): N/A
 Interest Rate Determination Date(s): N/A
 Maximum Interest Rate, if any: N/A
 Minimum Interest Rate, if any: N/A

Computation of Interest: N/A

(not applicable unless different than as specified in the prospectus and prospectus supplement):

Day Count Convention: N/A

(not applicable unless different than as specified in the prospectus and prospectus supplement):

Discount Note: Yes No. If, Yes,
 Total Amount of Discount:
 Initial Accrual Period of Discount:
 Additional/Other Terms:

Terms of Survivor's Option:

Annual Put Limitation: \$2,000,000 or 2%; or
 \$_____ or %

Individual Put Limitation: \$250,000; or
 \$_____

Trust Put Limitation: 2%; or \$_____

Redemption Provisions: Yes No. If, Yes,

Initial Redemption Date: 04/15/2007

Redemption: In whole only and not in part
 May be in whole or in part
 Additional Other Terms: Any redemption date will be an Interest Payment Date falling on or after the Initial Redemption Date

Repayment: Yes No. If, Yes,

Repayment Date(s):

Repayment Price:

