

Edgar Filing: ABRAMS HOWARD - Form 4

ABRAMS HOWARD
Form 4
December 06, 2001

F O R M 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

Check this box if
[X] no longer Subject
to Section 16.

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934
Section 17(a) of the Public Utility Holding Company Act of 1935 or
Section 30(f) of the Investment Company Act 1940

1. Name and Address of Reporting Person*			2. Issuer Name and Ticker or Trading Symbol		6. Relationship to Issuer
Abrams	Howard	E.	ALTRIMEGA HEALTH CORP. "AMHI"		X Director
(Last)	(First)	(MI)			X Officer
3672 E. Cove Point Dr.			3. IRS Identification Number of Reporting Person (Voluntary)		4. Statement for Month/Year
(Street)					November 2001
Salt Lake City UT 84109					5. If Amendment, Date of Original (Month/Year)
(City)	(State)	(Zip)			7. Indicate if this is a Form 4 (Ch)
					X Form 4
					Form 4
					Re

TABLE I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Mon/Day/Yr)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D)			5. Amount or Value (Instr. 3, 4, & 5)	6. Amount or Value of Securities Owned at Month End (Instr. 3)
			Code	V	Amount	(A) (D) Price	(Instr. 3)
Common Stock	11/17/01	S/U			14,000,000	D \$25,000	-

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Explanation of Responses:

/s/ Howard E. Abrams

11/30/01

**Signature of Reporting Person

Date

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations.
See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient see Instruction 6 for procedure.

