

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)	3. IRS Identification Number of Reporting Person (Voluntary)		X Officer (give title)
3672 E. Cove Point Dr.			4. Statement for Month/Year		
(Street)			November 2001		
Salt Lake City UT 84109			5. If Amendment, Date of Original (Month/Year)		7. Indicate if: X For Cause, ___ For Non-Cause, ___ Resignation
(City)	(State)	(Zip)			

TABLE I - Non-Derivative Securities Acquired, Disposed of, or 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) (Instr. 3, 4, & 5)	5. Amount (A) or Price (D) (Instr. 3)
			Amount (A) or Price (D)	
Common Stock	11/17/01	S/U	14,000,000	D \$25,000

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[illegible]

Reminder: Report on a separate line for each class of securities beneficially owned directly of i
* If the form is filed by more than one reporting person, see Instruction 5(b) (v).

FORM 4 (continued)

TABLE II - Derivative Securities Acquired, Disposed of, or Beneficial
(e.g., puts, calls, warrants, options, convertible security)

[illegible]

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Explanation of Responses:

/s/ Howard E. Abrams

**Signature of Reporting Person

11/30/01

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 insuf
see Instruction 6 for procedure.

