

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 Number of Securities Owned at Month End (Instr. 3)
			Code	V	Amount	
			(A)	(D)	Price	
Common Stock	11/17/01	S/U			\$25,000	-

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Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly by the reporting person.
 * 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 Beneficially Owned (e.g., puts, calls, warrants, options, convertible security)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 & 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 & 4)	8. Amount or Number of Shares

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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.

