PRINCIPAL FINANCIAL GROUP INC Form 424B5 August 30, 2004 Pricing Supplement 08/27/2004 Dated (To Prospectus dated March 5, 2004, and Prospectus Supplement dated March 5, 2004) Filed pursuant to Rule 424(b)(5)

Registration Statement Nos. 333-110499 and 333-110499-01

CUSIP: 74254PBY7

Principal Life Insurance Company Principal[®] Life CoreNotes[®] (Callable) Issued Through Principal Life Income Fundings Trust 2004-40 (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:	\$2,430,00	0.0	Purchasing Agent(s) Discount:	1.500%
Issue Price:	100.0%		Original Issue Date:	09/01/2004
Net Proceeds to the Trust:	\$2,393,55	0.0	Stated Maturity Date:	09/15/2014
Interest Payment Dates:	The 15th day of every sixth month commencing on 03/15/2005.			
Initial Interest Payment Date:	03/15/2005			
Regular Record Date:	The 1st day of every sixth month commencing on 03/01/2005.			
Type of Interest Rate:	x Fixed Rate o Floating Rate			
Fixed Rate Notes:	x Yes	o No.	If, Yes,	
Interest Rate:	5.00%			
Floating Rate Notes:	o Yes	x No.	If, Yes,	
Regular Floating Rate Notes: Interest Rate: Interest Rate Basis(es):	o Yes	o No.	If, Yes,	

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

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

 Fixed Interest Rate:
 Fixed Rate Commencement Date:
 V/A

 Initial Interest Rate, if any:
 N/A

 Initial Interest Reset Date:
 N/A

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Interest Rate Basis(es). Check all that	apply: N o CD Rate o Commercial Paper Rate o Treasury Rate o Other (See Attached)	I/A o CMT Rate o LIBOR o Prime Rate	
If LIBOR:	o LIBOR Reuters Page LIBOR Currency:	o LIBOR Moneyline Telerate Page	
If CMT Rate: Designated CMT Telerate Page: If 7052: Designated CMT Maturity Index:	o Weekly Average	o Monthly Average	
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		
Calculation Agent:	Citibank, 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: Total Amount of Discount: Initial Accrual Period of Discount: Additional/Other Terms:	o Yes	x No. If, Yes,	
Terms of Survivor s Option: Annual Put Limitation: Individual Put Limitation: Trust Put Limitation:		x \$2,000,000 or 2%; or o \$or_% x \$250,000; or o \$ x 2%; or \$	

Redemption Provisions: Initial Redemption Date: Redemption:	x Yes 09/15/2006 x In whole only and not in o May be in whole or in pa	•	If, Yes,
Additional Other Terms:	•		t Payment Date falling on or after the
Repayment: Repayment Date(s): Repayment Price:	o Yes	x No.	If, Yes,
Repayment: Additional/Other Terms:	o In whole only and not in part o May be in whole or in part		
Sinking Fund (not applicable unless specified):			
Securities Exchange Listing:	o Yes	x No.	If, Yes, Name of Exchange:
Authorized Denominations:	\$1,000		

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 x Yes o No. If, Yes, Principal:

Purchasing Agent(s)		P	rincipal Amount
Merrill Lynch			\$2,430,000.0
Total:			\$2,430,000.0
State of Organization of the Trust:	New York		
Additional/Other Terms:	None		
Special Tax Considerations:	None		
2. The Funding Agreement			
Funding Agreement Issuer:	Principal Life	Insurance Comp	bany
Funding Agreement No.:	4-51243		
Deposit:	\$2,430,015.0		
Net Deposit:	\$2,393,550.0		
Effective Date:	09/01/2004		
Stated Maturity Date:	09/15/2014		
Interest Payment Dates:	The 15th day of commencing of the second sec	of every sixth mo n 03/15/2005.	onth
Initial Interest Payment Date:	03/15/2005		
Type of Interest Rate:	x Fixed Rate	o Floating Rat	e
Fixed Rate Funding Agreement:	x Yes	o No.	If, Yes,
Interest Rate:	5.00%		
Floating Rate Funding Agreement:	o Yes	x No.	If, Yes,
Regular Floating Rate Funding Agreement:	o Yes	o No.	If, Yes,

Interest Rate:				
Interest Rate Basis(es):				
Floating Rate/Fixed Rate Floating Interest Rate: Interest Rate Basis(es): Fixed Interest Rate: Fixed Rate Commenceme		o Yes	o No.	If, Yes,
Initial Interest Rate, if an	y:	N/A		
Initial Interest Reset Date	2:	N/A		
Interest Rate Basis(es). C	Check all that apply: o CD Rate o Commercial Paper R o Treasury Rate o Other (See Attached)		o CMT Rate o LIBOR o Prime Rate	
If LIBOR:	o LIBOR Reuters Page LIBOR Currency:	2	o LIBOR Moneyline	Telerate Page
If CMT Rate: Designated CMT Telerat If 7052: Designated CMT Maturit	o Weekly Average		o Monthly Average	

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 Funding Agreement: Total Amount of Discount: Initial Accrual Period of Discount: Additional/Other Terms:	o Yes	x No.	If, Yes,	
Terms of Survivor s Option: Annual Put Limitation:		x \$2,000,000 or 2% o \$or_%		
Individual Put Limitation:		x \$250,000; or o \$		
Trust Put Limitation:		x 2%; or \$		
Redemption: Initial Redemption Date: Redemption: Additional Other Terms:	x Yes 09/15/2006 x In whole only and no o May be in whole or Any redemption date	in part will be an Interest Pay	If, Yes, yment Date falling on or initial Redemption Date.	
Repayment: Repayment Date(s): Repayment Price:	o Yes	x No.	If, Yes,	
Repayment: Additional/Other Terms:	o In whole only and no o May be in whole or	•		
Sinking Fund (not applicable unless specified): Ratings:	N/A			

The Funding Agreement issued under the Program is rated AA by S&P. Principal Life expects the Funding Agreement to be rated Aa3 by Moody s.

Additional/Other Terms:	None
Special Tax Considerations:	None
3. The Guarantee	
Guarantee Issuer:	Principal Financial Group, Inc.
Effective Date:	09/01/2004
Additional/Other Terms:	None

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