Principal Life Income Fundings Trust 2006-30 Form 424B2 May 22, 2006

Pricing Supplement 5/22/2006 Filed pursuant to x Rule 424(b)(2) o Rule 424(b)(5)

Dated

(To Prospectus dated February 16, 2006, and Registration Statement Nos. 333-129763 and Prospectus Supplement dated February 16, 2006) 333-129763-01

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## Principal Life Insurance Company

Principal® Life CoreNotes® (Callable) (That are also Asset-Backed Securities) Issued Through and Obligations of Principal Life Income Fundings Trust 2006-30 (the Trust and Issuing Entity )

The description of this pricing supplement of the particular terms of the Principal® Life CoreNotes® offered hereby, and the Funding Agreement (specified below) issued by Principal Life Insurance Company (Principal Life) to the Trust, 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: TBD Purchasing Agent Discount: 2.000%

Issue Price: 100.0% Original Issue Date: 6/1/2006

Net Proceeds to the Trust: TBD Stated Maturity Date: 06/15/2021

Interest Payment Dates: The 15th day of every sixth month commencing on 12/15/2006

Initial Interest Payment Date: 12/15/2006

Regular Record Date: 15 calendar days prior to the Interest Payment Date

Type of Interest Rate: x Fixed Rate o Floating Rate

Interest Rate: 6.00%

Discount Note: o Yes x No.

Terms of Survivor s Option:

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

o \$\_\_\_\_\_or\_%

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

o \$\_\_\_

Trust Put Limitation: x 2%; or

\$

Redemption Provisions: x Yes o No. If, Yes,

Initial Redemption Date: 06/15/2009

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.

Authorized Denominations: \$1,000

*Principal*<sup>®</sup> is a registered service mark of Principal Financial Services, Inc. and is used under license. CoreNotes<sup>®</sup> is a registered service mark of Merrill Lynch & Co.

The Notes issued under the Program are rated AA by Standard & Poor s ( S&P ). Principal Life expects the Notes to be rated Aa2 by Moody s Investors Service, Inc. ( Moody s ).

Purchasing Agent(s) Purchasing Notes as

x Yes

o No.

If, Yes,

Principal:

Purchasing Agent(s)	Principal Amount
Merrill Lynch	TBD
Total:	TBD

State of Organization of the

New York

Trust:

Additional/Other Terms: None

## 2. The Funding Agreement

Funding Agreement Issuer: Principal Life Insurance Company

Funding Agreement No.: 4-53511

Deposit: TBD

Net Deposit: TBD

Effective Date: 6/1/2006

Stated Maturity Date: 06/15/2021

Interest Payment Dates: The 15th day of every sixth month commencing on 12/15/2006

Initial Interest Payment Date: 12/15/2006

Type of Interest Rate: x Fixed Rate o Floating Rate

Interest Rate: 6.00%

Discount Funding o Yes x No.

Agreement:

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Terms of Survivor s Option:				
Annual Put Limitation:		x \$2,000,000 or 2%; or		
T 1' '1 175 (T' '5 )		0 \$		
Individual Put Limitation:		x \$250,000; or		
Trust Put Limitation:		o \$ x 2%; or	-	
Trust I at Emitation.		\$		
		Ψ		
Redemption:	x Yes	o No.	If, Yes,	
Initial Redemption Date:	06/15/2009			
Redemption:		In whole only and not in part		
	•	whole or in part	T	
Additional Other Terms:	•	ny redemption date will be an Interest Payment Date falling on or fter the Initial Redemption Date		
	arter the Initia	ii Redemption D	rate	
Repayment:	o Yes	x No.		
Ratings:				
			4.1. G0.D	
The Funding Agreement issue		•	·	
Principal Life expects the Fun	ding Agreemer	iii to be rated Aa	2 by Moody S.	
Additional/Other Terms:	None			
3. <u>The Guarantee</u>				
a .	<b>.</b>		_	
Guarantee Issuer:	Principal	Financial Group	o, Inc.	
Effective Date:	6/1/2006			
Effective Date.	0/1/2000			
Additional/Other Terms:	None			