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METLIFE Form 4 March 14, 2											
FORM								OM	B APPROVAL		
FUNI	VI 4 UNITED S	STATES SE	CURITIES . Washingtor				COMMISSIO	N OMB Number	: 3235-0287		
Check t if no los	ngor		U					Expires	January 31, 2005		
subject Section Form 4 Form 5	6. SECURITIES								ed average hours per se 0.5		
obligations may continue.Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940 1(b).											
(Print or Type	Responses)										
HENRIKSON C ROBERT Symbol			ıbol	uer Name and Ticker or Trading 1 LIFE INC [MET]				5. Relationship of Reporting Person(s) to Issuer			
(Last)	(First) (M						(Check all applicable)				
(Mo			b. Date of Earliest TransactionMonth/Day/Year)Month/2008				X Director 10% Owner X Officer (give title Other (specify below) below) Chairman and CEO				
	Amendment, D d(Month/Day/Ye	nendment, Date Original fonth/Day/Year)				 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting 					
NEW YOR	RK, NY 10166						Person		e reporting		
(City)	(State) (2	Zip)	Table I - Non-	Derivativ	e Seci	irities Ac	quired, Disposed	of, or Benefi	cially Owned		
1.Title of Security (Instr. 3)	Security (Month/Day/Year) Execution Date, if (Instr. 3) any			3. 4. Securities Acquired Transactior(A) or Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8) (A)				6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
			Code V	Amount	or (D)	Price	(Instr. 3 and 4)				
Common Stock	03/12/2008		М	3,100	А	\$ 29.95	136,625	D			
Common Stock	03/12/2008		S <u>(1)</u>	3,100	D	\$ 58.98	133,525	D			
Common Stock							10	I	By Irrevocable Family Trust (2)		
Common Stock							10	Ι	By MetLife Policyholder Trust <u>(2)</u>		

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Common Stock						1()	I	By Spouse	(2)
Common Stock						47	79		By Other Trust (2)	
				Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02) required to respond unless the form displays a currently valid OMB control number.						
Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)										
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)		4. 5. Number Transaction Derivative Code Securities (Instr. 8) Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		
				Code V	(A) (I))	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Employee Stock Option (right to buy)	\$ 29.95	03/12/2008		М	3,1	00	<u>(3)</u>	04/08/2011	Common Stock	3,100

Reporting Owners

Reporting Owner Name / Address	Relationships						
1	Director	10% Owner	Officer	Other			
HENRIKSON C ROBERT 200 PARK AVENUE NEW YORK, NY 10166	Х		Chairman and CEO				
Signatures							
Gwenn L. Carr, authorized signer	0	3/14/2008					
**Signature of Reporting Person		Date					

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Explanation of Responses:

- * If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) The sale transaction reported in this Form 4 was effected pursuant to a Rule 10b5-1 Sales Plan adopted by the reporting person on August 21, 2007.
- (2) Shares held in trust under MetLife Policyholder Trust established to hold shares of Common Stock allocated to eligible policyholders of Metropolitan Life Insurance Company, a wholly-owned subsidiary of MetLife, Inc.
- (3) The option vested in three equal installments on April 9,2002, 2003 and 2004.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.