

U.S. SECURITIES AND EXCHANGE COMMISSION
 WASHINGTON, D.C. 20549

FORM 3

INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF SECURITIES

1. Name and Address of Reporting Person:
 Richard F. Holt, 31103 Rancho Vieso Road #2102, San Juan Capistrano, CA
 92675
2. Date of Event Requiring Statement (Month/Date/Year): 8/6/99
3. IRS or Social Security Number of Reporting Person (Voluntary):
4. Issuer Name and Ticker or Trading Symbol:
 Age Research, Inc. (N/A)
5. Relationship of Reporting Person(s) to Issuer (Check all Applicable)
 Director Officer, give title below 10% Owner Other
 Title: Vice President
6. If Amendment, Date of Original (Month/Day/Year)
7. Individual or Joint/Group Filing (Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

<TABLE>

<CAPTION> TABLE I - Non-Derivative Securities Beneficially Owned

1. Title of Security	2. Amount of Securities Beneficially Owned	3. Ownership Form: Direct (D) or Indirect (I)	4. Nature of Indirect Beneficial Ownership
Common Stock	50,000	I	Through Spouse
Common Stock	3,064,543	D	N/A
Common Stock	15,500,000	D	N/A
Common Stock	768,645	D	N/A

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<CAPTION> TABLE II - Derivative Securities Beneficially Owned

1. Title of Derivative Security	2. Date Exercisable and Expiration Date (Month Day Year)	3. Title and Amount of Securities Underlying Derivative Security	4. Conversion or Exercise Price of Derivative Security	5. Ownership Form of Derivative Security: Direct (D) or Indirect (I)	6. Nature of Indirect Ownership
N/A					

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Explanation of Responses:

Signature of Reporting Person:

/s/ Richard F. Holt

Richard F. Holt

Date: 8/10/99