

FINAL TERMS

Final Terms No. 2006-14 dated July 28, 2006

Metropolitan Life Global Funding I

Issue of MXN 900,000,000 8.87% Notes due 2016
secured by a Funding Agreement FA-29584S issued by

Metropolitan Life Insurance Company

under the \$17,000,000,000 Global Note Issuance Program

This Final Terms should be read in conjunction with the accompanying Offering Circular dated January 19, 2006, as supplemented by (i) a Base Prospectus Supplement dated as of May 10, 2006, (ii) a Second Base Prospectus Supplement dated as of July 11, 2006 and (iii) a Third Base Prospectus Supplement dated July 11, 2006 (as so supplemented, the "**Offering Circular**") relating to the \$17,000,000,000 Global Note Issuance Program of Metropolitan Global Funding I (the "**Issuer**").

PART A — CONTRACTUAL TERMS

Terms used herein and not otherwise defined herein shall have the meanings ascribed in the Offering Circular which constitutes a base prospectus for the purposes of the Prospectus Directive (Directive 2003/71/EC) (the "**Prospectus Directive**"). This document constitutes the Final Terms of the Notes described herein for the purposes of Article 5.4 of the Prospectus Directive and must be read in conjunction with the Offering Circular. Full information regarding the Issuer and the offer of the Notes is only available on the basis of the combination of these Final Terms and the Offering Circular. The Offering Circular is available for viewing in physical format during normal business hours at the registered office of the Issuer located at c/o U.S. Bank Trust National Association, 300 Delaware Avenue, 9th Floor, Wilmington, DE 19801. In addition, copies of the Offering Circular and these Final Terms will be available in physical format free of charge from the principal office of the Irish Paying Agent for Notes listed on the Irish Stock Exchange. In addition, the Offering Circular will be published on the website of the Irish Financial Services Regulatory Association at www.ifsra.ie.

1. (i) Issuer: Metropolitan Life Global Funding I
(ii) Funding Agreement Provider: Metropolitan Life Insurance Company ("**Metropolitan Life**")
2. Series Number: 2006-14
3. Tranche Number: 1
4. Specified Currency or Currencies: Mexican Pesos ("**MXN**")
5. Aggregate Principal Amount: MXN 900,000,000
6. (i) Issue Price: 100.00 percent of the Aggregate Principal Amount
(ii) Net proceeds: MXN 895,950,000 (after payment of underwriting commissions and before payment of certain expenses)
(iii) Estimated Expenses of the Issuer: MXN 571,315.04
7. Specified Denominations: MXN 100,000 and integral multiples of MXN 10,000 in excess thereof
8. (i) Issue Date: August 1, 2006
(ii) Interest Commencement Date (if different from the Issue Date): Not Applicable

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| 9. | Maturity Date: | August 1, 2016 |
| 10. | Closing Date: | August 1, 2006 |
| 11. | Interest Basis: | Fixed Rate |
| 12. | Redemption/Payment Basis: | Redemption at par |
| 13. | Change of Interest or Redemption/Payment Basis: | Not Applicable |
| 14. | Put/Call Options: | None, except if there is a Mandatory Early Redemption in accordance with Condition 8.02 |
| 15. | Place(s) of Payment of Principal and Interest: | <p>So long as the Notes are represented by one or more Global Certificates, payments of principal and interest will be made through the facilities of Euroclear System (“Euroclear”) and Clearstream Luxembourg, société anonyme (“Clearstream”). Holders who own beneficial interests in the Notes through S.D. Indeval S.A. de C.V., Institución para el Depósito de Valores (“Indeval”), which is a participant in each of Euroclear and Clearstream, will receive payments through the facilities of Indeval.</p> <p>In the event Definitive Registered Notes are issued, the holders of Definitive Registered Notes will be able to receive payments of principal and interest on their Notes at the office of the agents maintained in London. Payment of principal of a Definitive Registered Note may be made only against surrender of the Note to one of the agents. The Issuer also has the option of mailing checks to the registered holders of the Notes.</p> <p>The payment of MXN will be effected through the Issuer's Paying Agent in London which is Citibank, N.A., located at Citigroup Centre, 21st Floor, Canada Square, Canary Wharf, London E14 5LB United Kingdom.</p> |
| 16. | Status of the Notes: | Secured Limited Recourse Notes |
| 17. | Method of distribution: | Non-Syndicated |

Provisions Relating to Interest (If Any) Payable

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| 18. | Fixed Rate Notes Provisions: | Applicable |
| | (i) Rate of Interest: | 8.87 percent per annum payable in equal semi-annual installments |
| | (ii) Interest Payment Date(s): | February 1 and August 1 in each year, commencing on February 1, 2007 |
| | (iii) Fixed Coupon Amount(s): | MXN 443.50 per MXN 10,000 in Nominal Amount |
| | (iv) Broken Amount(s): | Not Applicable |
| | (v) Other Terms Relating to the Method of Calculating Interest for Fixed Rate Notes: | Not Applicable |
| | (vi) Indication of Yield: | 8.87% |
| | (vii) Business Day Convention: | Following Business Day Convention; the Interest Period End Date shall not be adjusted. |
| | (viii) Day Count Fraction: | Actual/360 for periods less than the full semi-annual period. |
| | (ix) Interest Determination Date(s): | Not Applicable |
| | (x) Other terms relating to the method of calculating interest for | Not Applicable |

fixed Rates Notes:

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| 19. Floating Rate Note Provisions: | Not Applicable |
| 20. Zero Coupon Note Provisions: | Not Applicable |
| 21. Index-Linked Interest Note Provisions: | Not Applicable |
| 22. Dual Currency Note Provisions: | Not Applicable |

Provisions Relating to Redemption

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| 23. Optional Redemption by the Issuer: | Not Applicable |
| 24. Repayment at Option of Noteholder: | Not Applicable |
| 25. Final Redemption Amount of each Note in cases where the Final Redemption Amount is Index-Linked or other variable-linked: | Not Applicable |

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| 26. Early Redemption Amount(s), Installment Amount(s), Mandatory Early Redemption Amount(s) payable on redemption for taxation reasons or on event of default and/or the method of calculating the same (if required or if different from that set out in the Offering Circular): | |
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Outstanding Principal Amount plus accrued interest to the date fixed for redemption in accordance with Condition 8.02.

General Provisions Applicable to the Notes

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| 27. Form of Notes: | |
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Rule 144A Notes will initially be represented by one or more Rule 144A Permanent Global Registered Notes without Coupons, Talons or Receipts which will be registered in the name of a nominee of, and deposited with a custodian for, Euroclear and/or Clearstream.

Regulation S Registered Notes will initially be represented by one or more Regulation S Temporary Global Registered Notes, which will be registered in the name of a nominee of, and deposited with a custodian for, Euroclear and/or Clearstream.

On or after the Exchange Date, beneficial interests in each Regulation S Temporary Global Registered Note will be exchangeable (i) for beneficial interests in a Regulation S Permanent Global Registered Note without Coupons, Talons or Receipts and (ii) upon and to the extent of the certification of the non-U.S. beneficial ownership of the relevant Notes as required by Regulation S, in whole but not in part, for Definitive Registered Notes (a) if Euroclear or Clearstream is closed for business for a continuous period of 14 days (other than by reason of legal holidays), announces an intention permanently to cease business, or notifies the Issuer that it is unwilling or unable to continue as the depository and a successor clearing corporation is not appointed within 90 days, (b) if an Event of Default as described in Condition 9 of the Terms and Conditions occurs and the maturity of the Notes of this Series is accelerated in accordance with the Terms and Conditions of this Series of Notes or (c) if the Issuer determines in its sole discretion that the Notes of this Series should no longer be evidenced solely by one or more Notes in global form (each, a "Definitive Registered Notes Exchange Event"). Beneficial interests in each

Regulation S Temporary Global Registered Note will not be exchangeable at any time at the request of the relevant Holder.

Each Regulation S Permanent Global Registered Note will be registered in the name of a nominee of, and deposited with a custodian for, Euroclear and/or Clearstream.

Each Permanent Global Registered Note will become exchangeable, in whole but not in part, for Definitive Registered Notes upon the occurrence and during the continuation of a Definitive Registered Notes Exchange Event.

Any other transfer of beneficial interests in the Notes, including any transfer of beneficial interests between Rule 144A Registered Notes and Regulation S Registered Notes may be effected only if (i) such transfer is permitted by applicable law and (ii) the proposed transferor and transferee deliver to the Indenture Trustee such certificates, opinions and other information as the Issuer (based on the written advice of the Issuer's counsel) may reasonably require to confirm that the proposed transfer complies with all applicable restrictions.

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| 28. Applicable TEFRA exemption: | Not Applicable |
| 29. Additional Relevant Financial Center(s) or other special provisions relating to Payment Dates: | Mexico City, New York and Dublin will be the only Relevant Financial Centers. |
| 30. Talons for future Coupons or Receipts to be attached to Definitive Bearer Notes (and dates on which such Talons mature): | Not Applicable |
| 31. Details relating to Partly Paid Notes: | Not Applicable |
| 32. Details relating to Installment Notes: | Not Applicable |
| 33. Redenomination, renominialization and reconventioning provisions: | Not Applicable |
| 34. Consolidation provisions: | Not Applicable |
| 35. Other final terms | Not Applicable |
| 36. Definitive Notes at Request of Holder | Not Applicable |

Distribution

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| 37. (i) If syndicated, names of Manager(s): | Not Applicable |
| (ii) Stabilizing Manager(s) (if any): | Not Applicable |
| 38. If non-syndicated, name of Dealer: | Credit Suisse Securities (USA) LLC |
| 39. Selling Restrictions: | See "Subscription and Sale" in the Offering Circular. |
| 40. Additional selling restrictions: | THE NOTES HAVE NOT BEEN AND WILL NOT BE REGISTERED IN THE SECURITIES SECTION (SECCIÓN DE VALORES) OF THE MEXICAN NATIONAL SECURITIES REGISTRY (REGISTRO NACIONAL DE VALORES) AND, THEREFORE, THE NOTES MAY NOT BE OFFERED OR SOLD PUBLICLY IN MEXICO. |

Operational Information

41. ISIN:
- (i) Rule 144A XS0263303272
 - (ii) Regulation S XS0263302209
42. Common Code:
- (i) Rule 144A 026330327
 - (ii) Regulation S 026330220
43. CUSIP Number: Not Applicable
44. CINS Number: Not Applicable
45. Any clearing system(s) other than Euroclear and Clearstream and the relevant identification number(s):
- Indeval
- Indeval is a privately owned securities depository and clearinghouse, authorized by the Mexican government to operate as the central custodian for securities in Mexico. Securities maintained in deposit at Indeval (directly or through the crediting by Euroclear or Clearstream), as the Notes are expected to be, may be credited or debited to Mexican custodians that are Indeval participants, who in turn may credit or debit the securities, through book entries, to Mexican purchasers.
46. Delivery: Delivery against payment
47. Additional Paying Agent(s) if any: None
- Other**
48. Funding Agreement Number: FA-29584S (the “**Relevant Funding Agreement**”)
49. Rating of the Program:
- Moody’s: Aa2
- Ratings of the Series:
- (i) Moody’s: Aa2
 - (ii) Standard & Poor’s: AA
- The foregoing credit ratings of the Notes should be evaluated independently from similar ratings of other types of securities. A credit rating for a security is not a recommendation to buy, sell or hold securities and may be subject to review, revision, suspension, reduction or withdrawal at any time by the assigning rating agency.
50. Ratings of Metropolitan Life Insurance Company:
- (i) A.M. Best Company: A+ (stable outlook)
 - (ii) Fitch Ratings: AA (stable outlook)
 - (iii) Moody’s: Aa2 (stable outlook)
 - (iv) Standard & Poor’s: AA (negative outlook)

The foregoing ratings reflect each rating agency's opinion of Metropolitan Life Insurance Company's financial strength and ability to meet its obligations to policyholders and are not evaluations directed toward the protection of investors.

PART B — OTHER INFORMATION

1. LISTING

- (i) Listing: The Notes are expected to be listed on the Irish Stock Exchange.
- In addition, the Notes are expected to be listed on the Sistema Internacional de Cotizaciones (the "SIC"), maintained by the Bolsa Mexicana de Valores, S.A. de C.V. (the "BMV"), which will permit the Notes to be traded at the SIC by institutional investors.
- (ii) Admission to trading: Application has been made for the Notes to be admitted to trading on the Irish Stock Exchange and the SIC with effect from August 1, 2006.
- (iii) Estimate of total expenses related to admission to trading: €1,000

2. USE OF PROCEEDS

The proceeds from the current sale of the Notes, net of certain expenses, underwriting discounts and commissions or similar applicable compensation, will be used by the Issuer to purchase the Relevant Funding Agreement from Metropolitan Life.

3. INTERESTS OF NATURAL AND LEGAL PERSONS INVOLVED IN THE ISSUE AND THE OFFER OF THE NOTES

Except as discussed in "Management of MetLife" and/or "Subscription and Sale" in the Offering Circular or immediately below, so far as the Issuer is aware, no person involved in the offer of the Notes has an interest material to the issue and the offer of the Notes.

4. FIXED RATE NOTES ONLY – YIELD

Indication of Yield: 8.87%

The yield is calculated at the Issue Date on the basis of the Issue Price. It is not an indication of future yield.

5. CAPITALIZATION OF THE ISSUER

The following table presents the Issuer's capitalization as of July 28, 2006 and as anticipated immediately following the closing:

	<u>As of July 28, 2006(1)</u> (unaudited)	<u>As Anticipated Immediately Following the Closing(1)(3)</u> (unaudited)
Debt:		
Long-term debt(2).....	\$ 15,010,803,694	\$ 15,093,402,994
Total debt(2).....	<u>15,010,803,694</u>	<u>15,093,402,994</u>
Equity:		
Paid in capital.....	1,000	1,000
Total equity.....	<u>1,000</u>	<u>1,000</u>
Total capitalization(2).....	<u>\$ 15,010,804,694</u>	<u>\$ 15,093,403,994</u>

(1) The numbers in these columns reflect the April 8, 2005 maturity of the Issuer's \$300,000,000 Floating Rate Notes due 2005, the August 26, 2005 maturity of the Issuer's \$350,000,000 Floating Rate Notes due 2005, the March 17, 2006 maturity of the Issuer's \$425,000,000 Floating Rate Notes due 2006, and the May 22, 2006 maturity of the Issuer's \$100,000,000 Floating Rate Notes due 2006. The numbers in these columns do not reflect the £50,000,000 Floating Rate Notes due 2010, which notes are expected to be issued on or around August 9, 2006.

(2) For purposes of calculating long-term debt, total debt and total capitalization of the Issuer, the Notes listed below have been converted to U.S. Dollars using the spot exchange rate for the relevant currency in effect on the date listed below:

<u>Notes</u>	<u>Series</u>	<u>Date of Spot Exchange Rate</u>
£250,000,000 5.25% Notes due 2008.....	Series 2003-9 (Tranche 1)	December 10, 2003
£100,000,000 5.25% Notes due 2008.....	Series 2003-9 (Tranche 2)	March 11, 2004
£350,000,000 5.875% Notes due 2009.....	Series 2004-4	June 15, 2004
¥15,000,000,000 2.945% Notes due 2034.....	Series 2004-5	June 25, 2004
CHF 250,000,000 2.50% Notes due 2009.....	Series 2004-6	July 26, 2004
£125,000,000 Floating Rate Notes due 2009.....	Series 2004-8	September 27, 2004
CHF 350,000,000 2% Notes due 2011.....	Series 2005-6	September 9, 2005
¥10,000,000,000 2.80% Notes due 2035.....	Series 2005-9	December 1, 2005
CHF 300,000,000 2% Notes due 2011.....	Series 2005-6 (Tranche 2)	December 1, 2005
£250,000,000 4.625% Notes due 2011.....	Series 2006-1	January 25, 2006
C\$100,000,000 4.350% Notes due 2009.....	Series 2006-3	February 8, 2006
C\$400,000,000 4.50% Notes due 2011.....	Series 2006-4	February 8, 2006
CHF 250,000,000 2.125% Notes due 2011.....	Series 2006-2	February 22, 2006
£100,000,000 Floating Rate Notes due 2011.....	Series 2006-5	February 22, 2006
£375,000,000 Floating Rate Notes due 2008.....	Series 2006-6	May 11, 2006
€100,000,000 Floating Rate Notes due 2007.....	Series 2006-7	May 19, 2006
€100,000,000 Floating Rate Notes due 2021.....	Series 2006-8	May 24, 2006
C\$300,000,000 4.350% Notes due 2009.....	Series 2006-3 (Tranche 2)	May 25, 2006
C\$300,000,000 4.850% Notes due 2013.....	Series 2006-9	May 25, 2006
CHF 200,000,000 3.125% Notes due 2016.....	Series 2006-10	June 23, 2006

(3) Numbers in this column relating to the Notes described in this Final Terms are converted from Mexican pesos into U.S. dollars using the spot exchange rate as of July 28, 2006.

There has been no material change in the capitalization of the Issuer since July 28, 2006. The Issuer has no capital stock.

LISTING AND ADMISSION TO TRADING APPLICATION

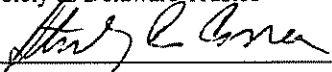
This Final Terms comprises the final terms required to list and have admitted to trading the issue of Notes described herein on the Irish Stock Exchange pursuant to the \$17,000,000,000 Global Note Issuance Program of the Issuer.

RESPONSIBILITY STATEMENT

The Issuer accepts responsibility for the information contained in this Final Terms.

METROPOLITAN LIFE GLOBAL FUNDING I

By: U.S. Bank Trust National Association,
not in its individual capacity,
but solely as Delaware Trustee

By:  _____

Name: Sterling Correia
Title: Authorized Person