



Notification of Source of Distributions

Pursuant to Rule 19a-1 of the Investment Company Act of 1940

As noted in the table provided below, certain of the Principal Funds made distributions for the month of September 2019 for which a portion is estimated to be in excess of the fund's current and accumulated net income. As of September 30, 2019, the estimated sources of these distributions were as follows:

September 2019			
Fund	Net Income	Realized Gain	Capital Sources
Global Diversified Income Fund	88.18%	0.00%	11.82%
Global Real Estate Securities Fund	3.06	96.94	0.00
Government & High Quality Bond Fund	0.00	0.00	100.00
High Yield Fund	13.11	0.00	86.89
Income Fund	0.00	0.00	100.00
SAM Balanced Portfolio	78.34	21.66	0.00
SAM Conservative Balanced Portfolio	89.68	10.32	0.00

The ultimate composition of these distributions may vary from the estimates provided above due to a variety of factors including future income and expenses, and realized gains and losses from the purchase and sale of securities.

Please note that this information is being provided to satisfy certain notice requirements under the Investment Company Act of 1940. Tax reporting information for shareholders of the funds will not be available until the end of the funds' fiscal year.

As a result, shareholders should not use the information provided in this notice for tax reporting purposes.