Ahn Janey Form 3 May 25, 2012 UNITED STATES SECURITIES AND EXCHANGE COMMISSION OMB APPROVAL FORM 3 Washington, D.C. 20549 OMB Number:

INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Ad Person <u>*</u> Ahn Janey		orting	2. Date of Event Requiring Statement (Month/Day/Year) 05/22/2012		3. Issuer Name and Ticker or Trading Symbol BLACKROCK MUNIHOLDINGS INVESTMENT QUALITY FUND [MFL]						
(Last)	(First)	(Middle)	05/22/2012		4. Relationship of Reporting Person(s) to Issuer			5. If Amendment, Date Original Filed(Month/Day/Year)			
55 EAST 52N	ND STREE	ET			(Check all applicable)						
	(Street)				(Check an applicable)			6. Individual or Joint/Group Filing(Check Applicable Line) _X_Form filed by One Reporting Person Form filed by More than One Reporting Person			
NEW YORK, NY 10055					Director 10% Owner X_Officer Other (give title below) (specify below) Secretary						
(City)	(State)	(Zip)	Ta	able I - N	on-Derivati	ve Securiti	es Ber	neficially	y Owned		
1.Title of Securi (Instr. 4)	ty		Be	Amount of eneficially (hstr. 4)		3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Natu Owner (Instr.	rship	rect Beneficial		
Reminder: Report owned directly o		ate line for ea	ch class of securiti	es benefici	sec 1473 (7-02)						
Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number. Table II - Derivative Securities Beneficially Owned (<i>e.g.</i> , puts, calls, warrants, options, convertible securities)											
				0 1100 (0)	5 , p a , b , c a , b ,			,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	<i></i>		
1. Title of Deriv (Instr. 4)	ative Securit	Expir	te Exercisable and ration Date ^(Day/Year)	Securitie	and Amount of es Underlying ve Security)	4. Conversio or Exercis Price of	e Fo	vnership rm of rivative	6. Nature of Indirect Beneficial Ownership (Instr. 5)		

Date

Exercisable

Expiration Title

Date

Security:

Direct (D)

or Indirect

(I)

Derivative

Security

Amount or

Number of

Shares

3235-0104

January 31,

2005

0.5

Expires:

response...

Estimated average burden hours per

(Instr. 5)

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
Ahn Janey 55 EAST 52ND STREET NEW YORK, NY 10055	Â	Â	Secretary	Â			
Signatures							
/s/ Noah Gellner as Attorney-in-Fact	05/25/2012						
**Signature of Reporting Person		Date					

Explanation of Responses:

No securities are beneficially owned

- * If the form is filed by more than one reporting person, see Instruction 5(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).

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Remarks:

No securities are beneficially owned

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.