BLACKROCK MUNIHOLDINGS INVESTMENT QUALITY FUND Form 3 July 28, 2011 UNITED STATES SECURITIES AND EXCHANGE COMMISSION OMB APPROVAL FORM 3 Washington, D.C. 20549 OMB 3235-0104 Number:

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 Address of Reporting Person <u>*</u> AUDET PAUL | | | 2. Date of Event Re Statement (Month/Day/Year) 07/28/2011 | BLACKRO | 3. Issuer Name and Ticker or Trading Symbol BLACKROCK MUNIHOLDINGS INVESTMENT QUALITY FUND [MFL] | | | | | |
|---|----------------------------|--|--|--|--|---|---|--|--|--|
| (Last) | (First) | (Middle) | 0772072011 | | 4. Relationship of Reporting Person(s) to Issuer | | Amendment, Date Original Month/Day/Year) | | | |
| 55 EAST 52 | ND STRE | ET | | | | | • | | | |
| | (Street) | | | (Check | (Check all applicable) | | 6. Individual or Joint/Group | | | |
| NEW YORK, NY 10055 | | | Officer | XDirector10% Owner OfficerOther (give title below) (specify below) | | Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person | | | | |
| (City) | (State) | (Zip) | Tab | le I - Non-Derivat | ive Securitie | es Benefici | Beneficially Owned | | | |
| 1.Title of Secu (Instr. 4) | rity | | | mount of Securities eficially Owned r. 4) | Ownership | 4. Nature of Ownership (Instr. 5) | Indirect Beneficial | | | |
| Reminder: Rep owned directly | | ate line for ea | ach class of securities | beneficially S | EC 1473 (7-02) | | | | | |
| ŋ | inforn requir currer | nation conta ed to respo ntly valid Ol | pond to the collec ained in this form ond unless the forr MB control numbe rities Beneficially O | are not n displays a | warrants, opti | ons, convert | ible securities) | | | |
| | | | | | | | | | | |
| 1. Title of Der (Instr. 4) | vative Securi | Expi | ration Date | 3. Title and Amount of Securities Underlying Derivative Security | f 4. Conversion or Exercise | | Nature of Indirect Beneficial Ownership (Instr. 5) | | | |

(Instr. 4)

Expiration Title

Date

Date

Exercisable

Price of

Security

Amount or

Number of

Shares

Derivative

Derivative Security:

Direct (D)

or Indirect

(I)

INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF

1

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 | | |
| AUDET PAUL 55 EAST 52ND STREET NEW YORK, NY 10055 | ÂX | Â | Â | Â | | |
| Signatures | | | | | | |
| /s/ Noah Gellner as Attorney-in-Fact | | 07/28/2011 | l | | | |
| **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.