Table II - Derivative Securities Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

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Form 3 August 05, 2014 UNITED STATES SECURITIES AND EXCHANGE COMMISSION 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

2. Date of Event Requiring 3. Issuer Name and Ticker or Trading Symbol

(Print or Type Responses)

Person *

(City)

1. Name and Address of Reporting

ALTERNET SYSTEMS INC

 CISNEROS FERNANDO (Month/Day/Year) 07/31/2014 (Last) (First) (Middle) 4. Relationship of Reporting 5. If Amendment, Date Original Person(s) to Issuer Filed(Month/Day/Year) C/O ARAZOZA (Check all applicable) FERNANDEZ-FRAGA P.A., Â 2100 SALZEDO ST., 10% Owner _X_ Director **STE 300** Officer Other (give title below) (specify below)

Statement

(Street)

CORAL GABLES, FLÂ 33134

(State)

(Zip)

Table I - Non-Derivative Securities Beneficially Owned

ALTERNET SYSTEMS INC [ALYI]

1.Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
Common Stock	320,000	D	Â
Common Stock	7,409,700	Ι	By Flow Capital, LLC of which Fernando Cisneros is the manager
Common Stock	450,000	Ι	By Spouse, See Footnote (1)

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

> 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.

SEC 1473 (7-02)

January 31, Expires: 2005 Estimated average burden hours per response... 0.5

6. Individual or Joint/Group Filing(Check Applicable Line) Form filed by One Reporting

X Form filed by More than One

1

Person

Reporting Person

OMB APPROVAL

3235-0104

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1. Title of Derivative Security (Instr. 4)		Expiration Date		3. Title and Amount of Securities Underlying Derivative Security		5. Ownership Form of	6. Nature of Indirect Beneficial Ownership (Instr. 5)
	Date Exercisable	Expiration Date	(Instr. 4) Title	Amount or Number of Shares	Price of Derivative Security	Derivative Security: Direct (D) or Indirect (I) (Instr. 5)	

Reporting Owners

Reporting Owner Name / Address		Relationships					
	Director	10% Owner	Officer	Other			
CISNEROS FERNANDO C/O ARAZOZA FERNANDEZ-FRAGA P.A. 2100 SALZEDO ST., STE 300 CORAL GABLES, FL 33134	ÂX	Â	Â	Â			
FLOW CAPITAL, LLC C/O ARAZOZA & FERNANDEZ-FRAGA, PA. 2100 SALZEDO STREET, SUITE 300 CORAL GABLES, FL 33134	Â	Â	Â	See Remarks			
Signatures							
/s/ Fernando Cisneros	07/31/2014						
**Signature of Reporting Person	Date						
/s/ Fernando Cisneros, Fernando Cisneros, Manager	07/31/2014						
**Signature of Reporting Person		Date					

Explanation of Responses:

* 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).

(1) By Spouse of Fernando Cisneros, Per Rule 16a-1(a)(2)(ii) but as to which "beneficial ownership" is disclaimed.

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Remarks:

Flow Capital, LLC is managed by Fernando Cisneros, Director of the issuer.

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.