

IRA Distribution Request

For Traditional IRAs, SEP-IRAs, SARSEP-IRAs and SIMPLE IRAs

Alterations to provided information will not be accepted unless initialed next to the alteration by the customer.

1. Owner Information

Owner's First Name (print) _____ Owner's Last Name (print) _____ Owner's Last 4-digits of Social Security # _____ Owner's Date of Birth _____

2. Reason for IRA Distribution *Only one reason may be selected in this section.*

Check one:

- Transfer* A transfer to another IRA may be made by the owner, surviving spouse beneficiary, or recipient under a transfer incident due to a divorce. Proof is required for transfers to a surviving spouse beneficiary or incident due to a divorce.
- Disability* Disability must render the owner unable to engage in any substantial gainful activity and it must be medically determined that the condition will last continuously for at least 12 months or lead to death.
- Death* Owner is deceased.
- Attained Age 59½* Owner is at least age 59½.
- Direct Rollover* Direct Rollover to a qualified retirement plan.
 Purchasing service credit in a governmental defined benefit plan.
* Are assets being used to purchase service credits comprised solely of "pre-tax contributions"? yes no
In **Section 4** check the box entitled "by check to financial institution" and provide requested information.
- Early Distribution* Owner is under age 59½.
- Early Distribution SIMPLE IRA* Owner is under age 59½ and is taking a distribution within initial 2 years of SIMPLE IRA plan participation.
- Excess Contribution* Remove excess contribution of \$ _____ for tax year _____. If you are removing an excess contribution by October 15 of the year following the year for which the excess contribution was made, Foresters Investor Services, Inc. will calculate and remove any earnings on that amount according to IRS rules.

NOTE: If no option is indicated and you have reached age 59½, it shall be deemed that you have selected the "Attained Age 59½" option.

3. Distribution Options

(SG) required if more than \$100,000.

Complete **Part A** for a one-time distribution or complete **Part B** to select periodic distributions from one or multiple fund account(s). Parts A and B should not be completed for the same request.

A. One-Time Distribution

Note: If the stated dollar amount is greater than the current value of the fund account, the fund account will be liquidated in full.

Select either A1 or A2 below:

A1) 100% of ALL IRA Accounts under my Master Account # _____
example: 0000123456-001

A2) _____ % **OR** \$ _____ from fund account # _____
 _____ % **OR** \$ _____ from fund account # _____
 _____ % **OR** \$ _____ from fund account # _____
 _____ % **OR** \$ _____ from fund account # _____
 _____ % **OR** \$ _____ from fund account # _____

3. Distribution Options (continued)

(SG) required if more than \$100,000.

B. Periodic Distribution

If (i) dividends and/or capital gains are currently being distributed from the fund account(s) indicated, and if (ii) an election is being made to receive periodic distributions from that (those) fund account(s), then the prior election to receive dividends and/or capital gains will be deemed to be terminated and all future dividends and/or capital gains will be reinvested into that (those) fund account(s).

Method - Select either B1 or B2 below:

B1) Specified Dollar Amount or Percentage indicated below.

_____ %	OR	\$ _____	from fund account # _____
_____ %	OR	\$ _____	from fund account # _____
_____ %	OR	\$ _____	from fund account # _____
_____ %	OR	\$ _____	from fund account # _____
_____ %	OR	\$ _____	from fund account # _____

B2) Life Expectancy Option.

Check one:

- based on my life expectancy.
- based on the life expectancy of me and my designated beneficiary, who is my spouse.

Spouse's date of birth _____

- based on the life expectancy of me and my oldest designated beneficiary, who is not my spouse.

Beneficiary's date of birth _____

Frequency - Check one: Monthly Quarterly Semi-Annually Annually

If a frequency is not indicated, distributions will be made annually on the anniversary of the initial distribution (or the following business day).

Start Date: _____

If a start date is not indicated, initial distribution will be made on the day a completed request is received in good order.

4. Payment Directions

*** MAIL DELIVERY: Payment made by check will be sent via regular mail unless the expedited delivery option is selected below.**

- Deliver distribution proceeds via overnight mail and deduct the cost of the overnight delivery from the amount of the distribution from my IRA account # _____

Note: If no account is specified above, the cost of the overnight delivery will be deducted from the amount of the distribution from the account with the highest market value.

Check one:

- by check to address of record.* **(SG)** if address has been changed within 30 days.
- by Electronic Funds Transfer to my pre-designated Bank Account ending with the last 5 digits of _____. A check will be issued to the address of record if this distribution request is received before the Electronic Funds Transfer privilege is established.
- by check to Foresters Financial Services, Inc.: *Note: account must be registered to the same owner.*

_____ Existing Account Number or Name of New Fund (Attach Mutual Fund Account Instructions form)

- by check to financial institution listed below:* **(SG)**

_____ Financial Institution's Name (print) _____ Financial Institution's Telephone #

_____ Financial Institution's Address (Street Address, City, State, Zip Code)

_____ Financial Institution's Account Registration _____ Financial Institution's Name of Fund or Existing Account #

- by check to an alternate payee:* **(SG)**

_____ Alternate Payee's Name (print) _____ Relationship to Owner

_____ Alternate Payee's Street Address, City, State, Zip Code

5. Tax Withholding (Form W-4P/OMB No. 1545-0074) Note: See **Page 4** of this form for "Withholding Notice Information."

Check one:

- do not withhold federal income tax from the distribution(s).
- withhold 10% federal income tax from the distribution(s).
- withhold _____ % federal income tax from the distribution(s). (Enter a full percentage between 11% and 100%.)

6. Signature

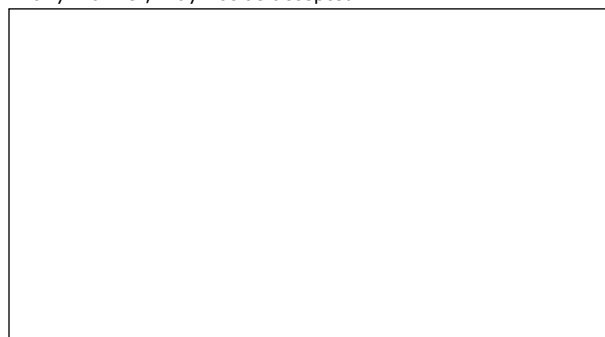
I understand that (a) account share redemptions may be subject to a contingent deferred sales charge as detailed in the Fund prospectus; (b) it is my responsibility to satisfy the Required Minimum Distribution requirement from my Foresters Financial Services, Inc. ("FFS") IRA account; (c) dividends and capital gains must be reinvested for purposes of calculating my Required Minimum Distribution; and (d) if I am electing periodic payments, it is my responsibility to ensure that the beneficiary information on this form reflects my valid beneficiary designation which is on file with FFS. I further understand that Foresters Investor Services, Inc. may delay processing my Distribution Request if such request is not received in good order, for example, if the request is not properly completed, signed and dated, Foresters Investor Services, Inc. will not be held responsible for such delay. I have received, read and understand the applicable Fund prospectus(es). I certify that all statements made by me on this Distribution Request are true and correct. I hereby authorize and direct FFS and its affiliates to act in accordance with the distribution instructions contained herein.

SG denotes a signature guarantee is required.

Affix Medallion Signature Guarantee Here, If Required:
Stamps qualified for a specific date and/or individual or altered in any manner, may not be accepted.

Owner/Beneficiary/Executor's First Name and Last Name (**print**)

Signature of Owner/Beneficiary/Executor **Date**



I CERTIFY THAT ALL SIGNATURES THAT REQUIRE A SIGNATURE GUARANTEE ON THIS FORM ARE GENUINE.

Reg. Rep # _____	Office # _____	Registered Representative's Name (print) _____	Registered Representative's Signature _____	Date _____
Principal # _____	Principal's Name (print) _____	Principal's Signature _____	Date _____	

Return by Regular Mail:
Foresters Investor Services, Inc.
Attn: Redemptions & Exchanges Department
P.O. Box 7837, Edison, NJ 08818-7837

Return by Overnight Mail:
Foresters Investor Services, Inc.
Attn: Redemptions & Exchanges Department
Raritan Plaza I, 8th Floor, Edison, NJ 08837-3620

For More Information:
First Investors Funds
800-423-4026 (Shareholder Services)
www.foresters.com

7. Withholding Notice Information

Rules and Conditions Applicable to Distributions:

SIMPLE IRA Information

If an amount is paid from a SIMPLE IRA during the two year period beginning when you first participated in a SIMPLE plan, the amount is subject to an additional tax on early distributions of 25%, unless an exception under Section 72(t) applies. If, during this 2-year period, an amount is paid from a SIMPLE IRA directly to the trustee of an IRA that is not a SIMPLE IRA, the payment is neither a tax-free trustee-to-trustee transfer nor a rollover contribution; the payment is a distribution from the SIMPLE IRA and a contribution to the other IRA that does not qualify as a rollover contribution.

Withholding Notice Information (Form W-4P/OMB. No. 1545-0074)

Basic Information About Withholding From Pensions and Annuities

Generally, Federal income tax withholding applies to payments made from pension, profit sharing, stock bonus, annuity and certain deferred compensation plans, IRAs, and commercial annuities.

Purpose of Form W-4P

Unless you elect otherwise, Federal income tax will be withheld from payments from IRAs. You can use Form W-4P or a substitute form, such as that contained on this form, furnished by the Custodian, to instruct your Custodian not to withhold any tax from your IRA payments (or to revoke this election). This substitute form should be used only for distributions from IRAs.

Nonperiodic Payments

Payments from IRAs that are payable upon demand are treated as nonperiodic payments for Federal income tax purposes. Generally, nonperiodic payments must have income tax withheld at a rate not less than 10 percent.

You can elect to have no income tax withheld from a nonperiodic payment (IRA payment) by filing Form W-4P or a substitute form with the Custodian and checking the appropriate box in **Section 5**. Your election will remain in effect for any subsequent distribution unless you change or revoke it.

For more information, please see Publication 505, Tax Withholding and Estimated Tax, available from most IRS offices.

Caution: Remember that there are penalties for not paying enough tax during the year, through either withholding or estimated tax payments. See Publication 505. It explains the estimated tax requirements and penalties in detail. You may be able to avoid quarterly estimated tax payments by having enough tax withheld from your IRA using Form W-4P or a substitute form.

Revoking the Exemption from Withholding

If you want to revoke your previously filed exemption from withholding, file another Form W-4P with the Custodian and check the appropriate box on that form.

Statement of Income Tax Withheld from your IRA

You will receive a tax form 1099-R from your Custodian showing the total amount of your IRA distributions and the total Federal income tax withheld during the year.