

ISP10 EXPRESS

Variable
Life Insurance



10 premium payments, protection for life

ISP10 EXPRESS

Is ISP10 EXPRESS right for you?

Do you need life insurance protection?

Do you need a permanent insurance policy that will satisfy your long-term financial goals?

Do you have the ability and intent to make all of the necessary premium payments?

Are you willing and capable of bearing investment risk while directing how your cash value is invested?

ISP10 EXPRESS features:

Permanent life insurance protection

Tax-deferred cash value growth

Guaranteed premium-paying period

Income tax-free death benefits to your beneficiary(ies)

Allocation options for your cash value to professionally managed investment subaccounts and a fixed account

ISP10 EXPRESS is not for everyone. If you seek a pure investment opportunity, then ISP10 EXPRESS is not for you. There are fees and charges associated with life insurance that a nonlife insurance investment would not have. You should read this brochure in conjunction with the current ISP10 EXPRESS prospectus. The prospectus contains a detailed description of the Policy, fees and charges and a description of the investment subaccounts. We urge you to read and discuss the prospectus with your Representative.

Foresters Life Insurance and Annuity Company has an insurance product to help people face life's unexpected circumstances. It's a limited payment, variable life insurance product called ISP10 EXPRESS, which offers:

Permanent insurance protection¹

If you are interested in keeping your premium payment period to a minimum, ISP10 EXPRESS may be right for you. ISP10 EXPRESS has a 10-year premium payment period and it provides you with all

the advantages of permanent life insurance protection. After 10 years of premium payments, your policy will be "paid up," which means your life insurance coverage will remain in effect with no further premiums due. Your cash value, however, may continue to grow for as long as your policy remains in force.



It took Wendy considerable time and effort to convince her husband, David that he needed to purchase life insurance. David was young, in good health and did not see the need for life insurance, but he bought a policy to put Wendy's fears to rest. Just a few years later, David was diagnosed with pancreatic cancer. He died eight months later at age 29. With the proceeds from David's whole life insurance policy, Wendy

was able to invest in her own clothing business as well as schedule her work hours around the needs of her young son and daughter. Having gone through this experience, she started a permanent insurance portfolio of her own, buying a policy that combined life insurance protection with an investment-cash value component.*

¹ All guarantees are subject to the financial strength and claims-paying ability of Foresters Life Insurance and Annuity Company which makes no guarantees with respect to the investment return or principal value of the underlying subaccounts.

ISP10 EXPRESS Variable Life Insurance



Herb was 40 when he died suddenly of a brain aneurysm, leaving behind a wife and two daughters. Fortunately for his wife, Carol — Herb had purchased several life insurance policies over the years. With the insurance proceeds, Carol was able to pay off debts, keep the family home and later fund her

daughters' college education. Carol was not forced to "raid" the family's investment portfolio just to meet daily living expenses, and she was able to keep her future financial goals on track.*

Allocating your premiums

With ISP10 EXPRESS your life insurance policy can build cash value with:

Professionally managed subaccounts. Each subaccount invests in a portfolio of stocks and/or bonds and has its own investment objective that allows you to diversify your cash value among different asset classes and investment styles.

Fixed account. The policy also offers a fixed account with a guaranteed¹ annual interest rate, as well as a current interest rate account declared by Foresters Life Insurance and Annuity Company. Check with your Representative for the current rate on the fixed account. Allocations to the fixed account are limited to 50 percent of each year's net premium.

The cash value and variable death benefit of your policy will vary with the performance of the subaccounts you select and the interest rate paid on any fixed account allocation. You bear the investment risk with respect to your subaccount allocations and we bear the investment risk on your allocations to the fixed account. There is no guaranteed¹ cash value and under some circumstances, your cash value could decline to zero. Your Representative will work with you to develop a personalized strategy to help you reach your financial goals.

Tax advantages

An ISP10 EXPRESS policy provides you with important income tax advantages afforded all variable whole life insurance policies, such as:

Income tax-free death benefits to your named beneficiary(ies);

Tax-deferred cash value growth within the investment subaccounts and/or the fixed account;

Tax-free transfers between investment subaccounts and/or fixed account via the Transfers of Cash Value, the Automated Subaccount Reallocation Option, or the Systematic Transfers Option.

Benefits of ISP10 EXPRESS:

Fixed premium. Your premium will not change.

10-year payment period. You will always know exactly how many premium-paying years you have left.

Guaranteed¹ insurance amount. You can rest assured knowing that your beneficiary(ies) will receive the full benefit you purchased (subject to any outstanding policy loans).

Variable insurance amount. This provides you with the opportunity to increase the death benefit based on the performance of the selected investment subaccounts and the fixed account.

Cash value. You will have the opportunity to accumulate cash value and direct the investment of your premiums in a selection of diversified subaccounts and/or the fixed account.

* The hypothetical example is not intended to represent any specific situation or individual.

Access to your cash value

If circumstances arise where you need some extra cash, ISP10 EXPRESS provides you with the ability to borrow against the cash value of your policy in the form of a policy loan. Policy loans can be a viable alternative to other forms of borrowing. With an ISP10 EXPRESS policy, you may borrow up to 75 percent of your cash value in the first three policy years and up to 90 percent of the cash value thereafter. But remember, any outstanding policy loan plus interest will be subtracted from any death benefit payable.

To make the best use of an ISP10 EXPRESS Policy, you should have a long-term time horizon for paying premiums and accumulating cash value. We do not recommend that you purchase a policy if you expect to need access to the Cash Value within the premium-paying period (or perhaps longer). However, if you find yourself in need of some cash, ISP10 EXPRESS can provide you with the funds you need.

Insurability depends on answers to questions in the application and on the outcome of the underwriting review based on our underwriting requirements and guidelines.

Annuity contracts and insurance policies contain certain exclusions, limitations and other terms for keeping them in force. For complete costs and details, see your Representative. Annuity contract and life insurance policy guarantees apply only to certain insurance features and are subject to the claims-paying ability and financial strength of Foresters Life Insurance and Annuity Company.

Neither Foresters Life Insurance and Annuity Company nor its affiliates provide legal, tax or estate planning services. Should you require such services, you should consult a legal, tax or estate planning professional.

For more information about Foresters Life Insurance and Annuity Company's products you can contact your Representative, write to us at the address below, call 800 832 7783 or visit our website at forestersfinancial.com. Variable life insurance policies, such as ISP10 EXPRESS, are offered by prospectus only. The prospectus contains important information about the life insurance policy including the features, risks, charges and expenses associated with the policy. In addition, the prospectus has information about the available subaccounts and the investment objectives and risks of the underlying subaccounts. You should read this information carefully before purchasing a policy. The subaccounts' underlying funds are not bank deposits and they are not insured or guaranteed by the Federal Deposit Insurance Corporation (FDIC) or any other government agency.

ISP10 Express is approved in the states with the form number listed below:

VL-2 (10-06)(AL)	VL-2 (10-06)(MO)
VL-2 (10-06)(AR)	VL-2 (10-06)(NE)
VL-2 (10-06)(AZ)	VL-2 (10-06)(NV)
VL-2 (10-06)(CA)	VL-2 (10-06)(NH)
VL-2 (10-06)(CO)	VL-2 (10-06)(NJ)
VL-2 (10-06)(CT)	VL-2 (10-06)(NM)
VL-2 (10-06)(DC)	VL-2 (10-06)(NY)
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VL-2 (10-06)(MA)	VL-2 (10-06)(WA)
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VL-2 (10-06)(MN)	VL-2 (10-06)(WI)
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The ISP10 EXPRESS Policy is issued by:

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