

FLEXIBLE PREMIUM DEFERRED ANNUITY

This policy is issued in consideration of the application and payment of the initial premium. The premium(s) and any interest credited thereon accumulate until the Maturity Date but no later than the Maturity Date. On the Maturity Date you must start receiving annuity payments pursuant to the **Annuity Payments** provision in the **Annuity Benefits** section. When you annuitize we will apply the surrender value to the annuity option then in effect.

READ YOUR POLICY CAREFULLY. This policy is part of a legal Contract between the Owner and the Company. It is evidence of Your benefits under the policy. Its terms are contained on this page and those which follow.

RIGHT TO EXAMINE. If you decide not to keep this policy, return it within 10 days (or longer if required by state law) after you receive it. If the policy is a replacement policy, you have a minimum of thirty (30) days (or longer if required by state law) beginning on the date the policy is delivered or issued for delivery to return it. The policy may be returned to any of our agents or it may be mailed to us. The return of this policy will void it from the beginning. Any premium paid will be refunded within 10 days of our receipt of this policy.

The credited interest rate for the fixed interest option is guaranteed for the time period shown on the Information page.

YOU HAVE PURCHASED AN ANNUITY POLICY. CAREFULLY REVIEW THIS POLICY FOR LIMITATIONS. CANCELLATION MAY RESULT IN A SUBSTANTIAL PENALTY KNOWN AS A SURRENDER CHARGE.

Nonparticipating: dividends are not payable.

Signed for the Company.

John D. Currier
President

Tessa Cantonwine
Secretary

AGENT NAME AND ADDRESS:

[Redacted Agent Name and Address]

(If applicable)

Countersigned at:

City: _____ State: _____ Date: _____

By Agent: _____

NOTICE TO OWNER: If you have questions, or need information about this policy, or need assistance in resolving a complaint, please call us at (888) 513-8797.

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SAMPLE CONTRACT

INFORMATION

Policy Number: [REDACTED]		
Owner(s) Name(s): [REDACTED]	Birth Date(s):	
Annuitant(s) Name(s): [REDACTED]	Birth Date(s): [REDACTED]	Date of Issue: June 01, 2025
		Policy Anniversary: June 1st
Beneficiary: Beneficiary is as named in the application or in the most recent beneficiary change sent to our home office.		

(Second named annuitant, if any, is the joint or contingent annuitant, as applicable.)

Annuity Option: Option 2. Life Income With A Guaranteed Period Of 10 Years (This annuity option is described in the annuity benefits section.)
 Maturity Date: June 01, 2062

Interest Crediting Option(s)	Initial Premium Allocated	Index Interest Crediting Period	Cap/Spread*	Participation Rate In Index Interest Formula*	MGSV Accumulation Interest Rate
One-Year S&P 500 Annual Point-to-Point – 1YSP-CP	\$614,084	1	6.00%	100.00%	2.00%
Two-Year S&P 500 Point-to-Point – 2YSP-CP	\$0	2	9.50%	100.00%	2.00%
One-Year S&P 500 Annual Point-to-Point(PAR) – 1YSP-P	\$0	1	N/A	30.00%	2.00%
One-Year S&P 500 Gain Interest Annual Point-to-Point**	\$0	1	N/A	N/A	2.00%
Fixed Interest Option ***	\$0	NA	N/A	N/A	2.00%
Total Account Value/Initial Premium Paid:	\$614,084				

* The cap, spread and/or participation rates are declared in advance and guaranteed for the index interest crediting period.

** Index Gain Interest Rate: 4.25%

*** Any premium allocation to the fixed interest option will be credited with an effective annual interest rate of 3.00% from June 01, 2025 through May 31, 2026. The guaranteed minimum effective annual interest rate is 2.00% for each policy year until the Maturity Date. We may, at our discretion, declare current credited interest rates in excess of the guaranteed minimum rate. Any additional premiums paid into the fixed interest option will be credited with the then current credited interest rate.

Surrender Charges							
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	Year 7	Year 8
9.00%	8.00%	7.00%	6.00%	5.00%	4.00%	3.00%	0.00%

Guaranteed Minimum Withdrawal Benefit Rider (GMWB): The Income Base is equal to the greater of:

- Initial premium plus 6.50% Income Base Bonus; or
- Premiums paid in Contract year 1 growing up to the earlier of ten (10) years or age 85 or the withdrawal period begins, with compound interest at the 6.50% roll-up rate. The Roll-up rate may change with Restart, subject to a minimum guarantee of 2.00%.

Enhanced Multiplier: 200%

Rider Charges:

EGMWB Rider Charge: 1.150% annually (This rider charge may change on Restart, subject to a maximum of 1.50%)

INFORMATION

Riders and Endorsements Attached:

Point-to-Point Fixed Indexed Interest Crediting Option Rider, ARI-1062(11-13) – 1YSP-CP
Point-to-Point Fixed Indexed Interest Crediting Option Rider, ARI-1062(11-13) – 2YSP-CP
Point-to-Point Fixed Indexed Interest Crediting Option Rider (PAR), ARI-1062(11-13) – 1YSP-P
Point to Point Fixed Declared Rate on Index Gain Crediting Option Rider, ARI-1063(11-13)
Home Health Care Rider, ARI-1045(11-12)
Nursing Home Rider, ARI-1049(11-12)
Terminal Illness Rider, ARI-1050(11-12)
Death of Owner Rider, ARI-1051(11-12)
Free Surrender - Partial Withdrawal, ARI-1052(11-12)
Market Value Adjustment Rider, ARI-1075(09-15)
Enhanced Guaranteed Minimum Withdrawal Benefit Rider, ARI-1065(11-13)
Individual Retirement Annuity Rider, ICC20-AE-2037(5-20)

The information regarding the owner, beneficiary, annuitant, and annuity option is subject to any change submitted and on record.

SAMPLE CONTRACT

Enhanced Guaranteed Withdrawal Percentage-Single Annuitant Table

(Enhanced rates will be 2X the below Guaranteed Withdrawal Percentage for single annuitant's)

Annuitant's Age	Guaranteed Withdrawal Percentage	Annuitant's Age	Guaranteed Withdrawal Percentage
50	5.30%	76	8.77%
51	5.45%	77	8.79%
52	5.55%	78	8.81%
53	5.65%	79	8.83%
54	5.70%	80	8.85%
55	5.75%	81	8.87%
56	5.80%	82	8.89%
57	5.85%	83	8.91%
58	6.00%	84	8.93%
59	6.40%	85	8.95%
60	6.71%	86	8.97%
61	6.91%	87	8.99%
62	7.48%	88	9.01%
63	7.56%	89	9.03%
64	7.70%	90	9.05%
65	7.84%	91	9.05%
66	7.90%	92	9.05%
67	8.01%	93	9.05%
68	8.12%	94	9.05%
69	8.28%	95	9.05%
70	8.41%	96	9.05%
71	8.55%	97	9.05%
72	8.65%	98	9.05%
73	8.71%	99	9.05%
74	8.73%	100	9.05%
75	8.75%		

Guaranteed Withdrawal Percentage- Joint Annuitant Table

(Enhanced rates will be 1.5X the below Guaranteed Withdrawal Percentage for Joint annuitant's)

Younger Annuitant's Age	Guaranteed Withdrawal Percentage	Younger Annuitant's Age	Guaranteed Withdrawal Percentage
50	4.60%	76	8.07%
51	4.75%	77	8.09%
52	4.85%	78	8.11%
53	4.95%	79	8.13%
54	5.00%	80	8.15%
55	5.05%	81	8.17%
56	5.10%	82	8.19%
57	5.15%	83	8.21%
58	5.30%	84	8.23%
59	5.70%	85	8.25%
60	6.01%	86	8.27%
61	6.21%	87	8.29%
62	6.78%	88	8.31%
63	6.86%	89	8.33%
64	7.00%	90	8.35%
65	7.14%	91	8.35%
66	7.20%	92	8.35%
67	7.31%	93	8.35%
68	7.42%	94	8.35%
69	7.58%	95	8.35%
70	7.71%	96	8.35%
71	7.85%	97	8.35%
72	7.95%	98	8.35%
73	8.01%	99	8.35%
74	8.03%	100	8.35%
75	8.05%		

DEFINITIONS

Age

Any provisions referring to age mean the age at the last birthday.

Annuitant

The natural person on whose life the amount and duration of annuity payments depend. A joint annuitant or a contingent annuitant is a second person on whose life the amount and duration of annuity payments may depend. The annuitant may not be changed on or after the Maturity Date.

Annuity Option

One of the annuity options described in the **Annuity Benefits** section.

Beneficiary

The person last named by the Owner or his or her designee to receive the proceeds upon the death of the Owner. The beneficiary or contingent beneficiary may also become the Owner of this policy as described under the **Death of Owner** provision in the **Death Benefit** section.

Code

The Internal Revenue Code, as amended. All references in this policy or in any attached rider, to any section of the Code or regulations include any amended or successor sections or regulations, as appropriate or required.

Date of Issue

The date of issue is shown on the information page. Policy months, years, and anniversaries are measured from this date.

Interest-Bearing Account

When this policy describes any amounts which are payable by us, whether it is for surrenders, withdrawals, annuity payments, or a lump-sum death benefit, at your option, those payments may be made into an interest-bearing account established in the name of the Owner, payee or recipient, as appropriate. The Owner, payee or recipient, as appropriate, will be able to withdraw all or part of the proceeds in this account at any time. This does not apply to payments which are requested to be made to companies other than us. You may contact us for any information regarding this account. You may also request that we do not place the payments into this account.

Maturity Date

Is the last date this policy can remain in force. The Maturity Date is shown on the Information page. This date is fixed and cannot be changed under any circumstances. Upon this date you must start receiving annuity payments pursuant to **Annuity Payments** provision in the **Annuity Benefits** section.

Nonnatural Person

A corporation, trust, estate, partnership, or other non-individual.

Owner

The person named in the application or in the most recent change on record entitled to Ownership rights stated in this policy. "Owner" includes any person who succeeds to the Ownership rights of this policy under the **Death of Owner** provision in the **Death Benefits** section.

Premiums

The initial premium is paid on the date of issue. At any time before the Maturity Date, additional premiums may be made in an amount equal or greater than \$2,000. The additional premiums are paid into the fixed interest option's account value initially.

Policy Anniversary

The policy anniversary is the day and month that coincide with the date of issue in subsequent years after issue. References to the "prior policy anniversary" during the first year following the date of issue shall be deemed to refer to the date of issue.

We, Our, Us, Company

Fidelity & Guaranty Life Insurance Company.

Written Request

A request written to us and received by us on a form satisfactory to us.

You, Your

The Owner.

GENERAL PROVISIONS

Any reference to annuitant, joint annuitant, beneficiary, contingent beneficiary, irrevocable beneficiary, Owner, contingent owner, and/or payee, may include multiple persons.

Assignment

We will not be responsible for the validity or sufficiency of any assignment. To be binding on us, an executed assignment must be by written request and consented to by any irrevocable beneficiary. Your rights and any beneficiary's interest will be subject to the assignment. Assignment of this policy may subject you to income and gift tax. Assignments, unless otherwise specified by the owner, shall take effect on the date the notice of assignment is signed, subject to any payments made or actions taken by the company prior to receipt of the assignment.

Changes to Policy

After we receive and record a written request for a change in Owner, annuitant, or beneficiary, the change will take effect on the date the request was originally signed, even if the Owner who signed the request has since died. The change will be subject to any payments made or actions taken by us before the written request for change was received and recorded.

We may require the return of this policy for endorsement or otherwise in the event of a change in Owner, annuitant, beneficiary, annuity option, or other change. We reserve the right to issue a revised Information page in the event of any change to this policy.

Compliance With Internal Revenue Code

This policy will be interpreted in a manner consistent with the requirements of the Code section 72(s).

We reserve the right to amend this policy from time to time to comply with any changes in the Code, regulations issued thereunder, and administrative rulings. Any such amendment will be promptly mailed to you at your last known address. We do not accept responsibility for the tax treatment of this policy. You should consult your tax advisor.

Conformity With Statutes

If any provision in this policy is in conflict with the laws of the state which govern this policy, the provision will be deemed to be amended to conform with such laws.

Entire Contract

The entire Contract consists of:

- This policy;
- The application, a copy of which is attached and made a part of this policy; and
- All amendments, endorsements, riders or revised Information page(s) which are attached to or mailed to your last known address.

All statements made by the applicant for the issuance of the contract shall, in the absence of fraud, be deemed representations and not warranties. Only the President, the Secretary, or a Vice President in our Home Office can agree to change or waive any provisions which are part of the entire Contract. The change or waiver must be in writing.

Incontestability

We will not contest this policy after the date of issue, except as provided in the **Misstatement of Birth Date** provision.

Notification of Death

The death of any Owner or annuitant must be reported to us immediately. We are entitled to recover immediately any overpayments made because of a failure to notify us of any such death. We are not responsible for any incorrect payments which result from a failure to immediately notify us of the death of any Owner or annuitant. From time to time we may require proof that the Owner or annuitant is still alive and may withhold any payments until such proof is received by us.

Payments

All payments may be made into an interest-bearing account. However, you may by written request, receive all payments by check or draft. They will be sent to the recipient's last known address.

Protection of Benefits

Only you can assign, encumber, or pledge any benefit paid under this policy. To the extent permitted by law, no benefit paid, or to become payable, will be subject to any claim or process of law by any creditor.

Qualified Plans

This Contract is subject to a retirement plan providing special tax treatment for individual owned qualified plans. Examples might include IRA, Roth IRA, SEP IRA, or other similar type of plan.

OWNERSHIP

Ownership Rights

During your lifetime, you may:

- Exercise any of the rights under this policy.
- Assign this policy.
- Subject to our agreement, change or amend this policy.

The **Death of Owner** provision in the **Death Benefit** section describes to whom Ownership of this policy will pass at the death of an Owner.

Joint Owners

Two natural persons may be named as Joint Owners. They will own this policy as joint tenants with rights of survivorship. While both are alive, each must sign any written request made under this policy.

Change of Owner

You may change ownership of this policy by written request. Changes in Owner designation, unless otherwise specified by the Owner, shall take effect on the date the notice of change is signed by the Owner, subject to any payments made or actions taken by the company prior to receipt of the notice. The new Owner's age may not exceed our then current underwriting requirements for new policy issues. A change in Ownership of this policy may have tax consequences. Please consult a tax advisor.

BENEFICIARY

Change of Beneficiary

Before the Maturity Date, you may change the beneficiary or any contingent beneficiary by written request. On or after the Maturity Date, you may change the beneficiary or contingent beneficiary by written request if the annuity option in effect is annuity option 1, 2, 5, or 7.

Changes in Beneficiary, unless otherwise specified by the Owner, shall take effect on the date the notice of change is signed by the Owner, subject to any payments made or actions taken by the company prior to receipt of the change. A beneficiary named irrevocably may not be changed without the written consent of that beneficiary.

Payment to Beneficiary

Before making any payment, we may require evidence as to the identity, age, and other facts about any person or class designated as the beneficiary. We are entitled to make payments based on that evidence. Unless otherwise instructed, if there is more than one beneficiary, then any proceeds payable will be distributed equally among the beneficiaries.

POLICY VALUES

Account Value

The policy's account value before the Maturity Date consists of the fixed interest option's account value plus any other account value(s) which may be issued and attached by rider. The total account value is the sum of all of the account values.

Surrender Value

For a full surrender, the surrender value is the greater of:

- Total account value, less surrender charges; or
- Total minimum guaranteed surrender value.

Minimum Guaranteed Surrender Value

A minimum guaranteed surrender value is the minimum amount you will receive if you surrender in full.

At any time before the Maturity Date, the minimum guaranteed surrender value is the sum of the following:

- 87.5% of the premiums applied to the account value; plus
- Interest credited daily at the MGSV Accumulation Interest Rate shown on the information page; plus
- Any minimum guaranteed surrender value reallocated from other options; less
- Any amounts previously surrendered from the minimum guaranteed surrender value accumulated at the MGSV Accumulation Interest Rate shown on the information page; less
- Any minimum guaranteed surrender value reallocated to other options; less
- Any rider charges.

The minimum guaranteed surrender value from all of the account value option(s) is summed up to get the total minimum guaranteed surrender value.

POLICY VALUES (Cont'd)

Basis of Policy Values

All benefits and values equal or exceed those required by the state in which the policy is delivered.

Notice of Policy Values

At least once each year, we will send you a report of your current annuity values.

FIXED INTEREST

Fixed Interest Option

All premiums paid must be allocated to the fixed interest option or to any other available account value option which may be issued and attached by rider. Premiums may be reallocated from the fixed interest account value option on policy anniversaries only, in increments of no less than \$2,000. The amount remaining in the option's account value after that reallocation must be either zero, or at least \$2,000. Notification of reallocation must be received 2 days prior to the policy anniversary.

Fixed Interest Option Account Value

The fixed interest option's account value before the Maturity Date equals all premium(s) allocated to this option; plus interest credited; less any amounts previously surrendered, including surrender charges thereon, less rider charges, if any; plus any adjustments for reallocations.

Fixed Interest Crediting

Interest is credited daily and applied to the fixed interest option's account value from the date of issue at a rate which is never less than the guaranteed minimum effective annual interest rate as shown on the information page. The information page shows the effective annual interest rate which is credited and the period for which the rate is guaranteed. We will determine and fix in advance a current effective annual interest rate applicable to the option's account value. The rate credited to the option's account value will not be changed more often than once in any 12 month period. Any additional premiums received in a given policy year will be credited with the same interest rate being credited to the option's account value. Current effective annual interest rates may vary based on factors such as the date the premium is received or the date a new rate applies to the option's account value.

SURRENDERS

Partial Surrender

Before the Maturity Date, you may surrender a part of the account value. Any surrender charges will be deducted from that value.

A partial surrender, including any charge thereon, may not reduce the account value to less than \$2,000. Such surrenders may be made:

- On a scheduled monthly, quarterly, semi-annual, or annual systematic basis, in an amount of at least \$100 per surrender.
- On an unscheduled basis no more than four times in a policy year, in an amount of at least \$500 per surrender.

You may withdraw from any of the account value option(s) or a combination of any of the account value option(s). If no election is made, we will withdraw an equal percentage from all of the account value options.

Full Surrender

Before the Maturity Date, this policy may be surrendered in full for its surrender value. The amount paid will equal the surrender value as of the date we receive your written request.

Surrender Charge

A surrender charge may be imposed on withdrawals, at death, and in calculating annuity payments. The surrender charge equals the surrender factor for the appropriate policy year, as shown on the information page, multiplied by the amount of the account value withdrawn. The account value withdrawn consists of the amount paid upon a surrender request, or applied to an annuity option, and the surrender charge thereon.

Surrender Requirements

We will require:

- Your written request.
- Return of the policy to us for a full surrender.

SURRENDERS (Cont'd)

Deferral of Payment

After making written request and receiving the written approval of the commissioner, we may defer payment, of the surrender, for a period not to exceed six (6) months after we receive the request for surrender of the contract and as long as such deferral does not cause the policy to violate section 72(s) of the Code.

DEATH BENEFIT

Death of Owner

Ownership Succession. At your death, ownership of this policy will pass to the person(s) living on the date of your death in the order which follows:

- Surviving joint Owner, if any.
- Beneficiary.
- Contingent beneficiary.
- Estate of the last Owner to die.

If more than one natural person succeeds to the ownership rights of this policy, then such persons will own this policy as joint Owners. Any instructions or designations of the prior Owner(s) will continue unless changed in accordance with this policy by the succeeding Owner(s).

Death Before Maturity Date. If you die before the Maturity Date, the successor Owner(s) must fully surrender and receive a distribution of the entire proceeds of this policy within 5 years of your death except that:

- If a natural person continues or succeeds to ownership of this policy, such person may begin receiving annuity payments with respect to that person's proportionate interest within 1 year from the date of your death (or within any longer period of time permitted under the Code), provided annuity payments are distributed over such person's life or over a period not extending beyond the life expectancy of such person; and
- If the spouse (as defined under the Code) of the first Owner to die continues or succeeds to Ownership of this policy, he or she is not required to surrender his or her proportionate interest in the policy or receive any payments until the Maturity Date or, if earlier, until such spouse's death, in which case the **Death of Owner** provision will apply.

Death on or After Maturity Date. No distribution, other than annuity payments as scheduled, will be made if you die on or after the Maturity Date unless you were also the last surviving annuitant, in which case this section's **Death of Annuitant** provision will apply.

Death of Annuitant

Death Before Maturity Date. Except as provided in this section's **Special Annuitant Rules for Nonnatural Owners** provision, no distribution is required nor will any death benefit be paid if an annuitant dies before the Maturity Date unless the deceased annuitant is also an Owner, in which case this section's **Death of Owner--Death Before Maturity Date** provision will apply. If the last remaining annuitant dies before the Maturity Date, then the current Owner or Owner's designee will become the annuitant.

Death on or After Maturity Date. At the death of the Annuitant(s) on or after the Maturity Date, the death benefit, if any, will be as described for the annuity option in effect. No death benefit will become payable until you notify us of the death of the annuitant(s), provide us with the required proof of death and other information, and, if required, return this policy to us. A death benefit will not be paid under annuity options 3, 4, or 6, or after the guaranteed benefits have been paid. Any death benefit due will be paid to the person(s) living on the date of such death in the order which follows:

- Owner(s) or surviving joint Owner, if any.
- Beneficiary.
- Contingent beneficiary.
- Estate of the last Owner to die.

The recipient of any death benefit may name one or more persons to receive any remaining death benefit after such recipient's death. If no such beneficiary is named, any unpaid portion of the death benefit will be paid to the deceased recipient's estate. The death benefit may be paid in the form of a lump sum or the remaining guaranteed annuity payments, as scheduled instead of in a lump sum. Except for a death benefit under annuity option 7, any lump sum payment will be equal to the commuted value. The commuted value is determined by discounting the remaining guaranteed annuity payments at an annually compounded interest rate(s) which is (are) 1% more than the rate(s) used by us to determine those payments. The 1% increase in the discount rate(s) results in a decrease in the value received. The commuted value will always be less than the sum of the remaining guaranteed annuity payments. The commuted value will be calculated as of the date such payment will be made.

Any election to receive a form of payment other than that provided under the annuity option in effect must be made within 60 days of the date the death benefit first becomes payable; such amounts must also be paid within the time period required under section 72(s) of the Code.

Special Rules for Nonnatural Owners

If a Nonnatural Person is named as Owner, then this policy must be fully surrendered and the entire amount distributed within 5 years of:

- The death, if before the Maturity Date, of the annuitant or a joint annuitant; or
- A change in the annuitant or joint annuitant.

ANNUITY BENEFITS

Annuity Payments

The annuity payments will:

- Start no later than at the end of the first payment period following the Maturity Date.
- Be paid to the order of the Owner(s) or his or her (their) designee.
- Be paid on a monthly, quarterly, semi-annual, or annual basis, as chosen by you before payments begin.
- Cease at the death of all annuitants, in which case the **Death of Annuitant--Death on or After Maturity Date** provision in the **Death Benefit** section may apply.

Annuity Payment Amount

The amount of annuity payments, less any applicable state or federal premium taxes, may depend on the:

- Surrender value;
- Annuity option chosen;
- Payment frequency chosen; and
- Age of the annuitant(s).

The annuity payments will not be less than those reflected in the **Table of Guaranteed Monthly Payments**.

Misstatement of Birth Date

Before making any annuity payment, we may require proof of each annuitant's birth date. If the birth date of any annuitant is misstated, we will adjust the amount to be paid by us. It will be that which would have been paid if the correct birth date had been stated.

For misstatements which result in underpayments, we will include the full amount of the underpayment in our next payment; and add interest of 6% per year to that payment.

For misstatements which result in overpayments, we will spread the full amount of the overpayment over the remaining guaranteed payment period, if any, or 10 years, whichever is less; deduct a level portion of that amount from each of those future payments; and charge interest of 6% per year against the balance of the amount overpaid.

Maturity Date

The Maturity Date is the date upon which this policy matures and by operation of its terms you must start receiving annuity payments pursuant to the **Annuity Payments** provision in the **Annuity Benefits** section. The Maturity Date is fixed and may not be later than the policy anniversary following the annuitant's (or the oldest annuitant's if a second annuitant is named) 100th birthday. Under no circumstances will the Company change the Maturity Date beyond the date shown on the information page. The Maturity Date is shown on the Information page.

Annuity Options

There are seven annuity options. You may elect to receive payments under any annuity option described in the policy or under any other annuity option which we may then offer. Unless another annuity option and payment frequency are requested before the Maturity Date, monthly payments will be made under:

- Annuity option 2 with a guaranteed period of 10 years, if there is only one annuitant.
- Annuity option 5 with 50% joint annuitant payments and a guaranteed period of 10 years, if there is a second annuitant.

We reserve the right to pay your account value in a lump sum if the amount to be applied to the annuity option is less than \$2,000; or any payment would be less than \$20.

Descriptions of Annuity Options

Descriptions of the annuity options follow. The tables of guaranteed payments follow. Any fixed or guaranteed periods under annuity options 1, 2, and 5 may not be less than 5 years nor more than 25. Any reduced rates under annuity options 4, 5, and 6 following the death of an annuitant must be based on whole percentages and in no case may be less than 25% of the joint life income amount.

Annuity Option 1 - Income for a Fixed Period

Payments are guaranteed for the number of years and months chosen. If the annuitant dies before the end of the fixed period, a death benefit, consisting of a lump sum amount equal to the commuted value, will be paid. The recipient of the death benefit may elect to receive the remaining guaranteed annuity payments, as scheduled, instead of the commuted value.

Annuity Option 2 - Life Income With a Guaranteed Period

Payments are guaranteed for the number of years chosen. If the annuitant is alive at the end of the guaranteed period, payments will continue for as long as the annuitant is alive. If the annuitant dies before the end of the guaranteed period the remaining guaranteed annuity payments, as scheduled, will be paid.

ANNUITY BENEFITS (Cont'd)

Annuity Option 3 - Life Income

Payments will be made for as long as the annuitant is alive. No payments will be made after the annuitant's death.

Annuity Option 4 - Joint and Contingent Life Income

Payments will be made for as long as either the annuitant or contingent annuitant is alive. The payments will:

- Be paid in the joint life income amount while both the annuitant and contingent annuitant are alive.
- Continue to be paid in that amount during the annuitant's lifetime at the contingent annuitant's death.
- Continue to be paid after the death of the annuitant at the reduced rate requested and for as long as the contingent annuitant survives.
- Cease at the death of both the annuitant and contingent annuitant.

Annuity Option 5 - Joint and Survivor Income With Guaranteed Period

Payments are guaranteed for the number of years chosen. If either the annuitant or joint annuitant is alive at the end of the guaranteed period, payments will continue for as long as either is alive. The payments will:

- Be paid in the joint life income amount while both the annuitant and joint annuitant are alive.
- Continue to be paid after the death of either annuitant at the rate requested and for so long as the remaining annuitant survives.

If the annuitant and joint annuitant die before the end of the guaranteed period the remaining guaranteed annuity payments, as scheduled will be paid.

Annuity Option 6 - Joint and Survivor Life Income

Payments will be made for as long as either the annuitant or joint annuitant is alive. The payments will:

- Be paid in the joint life income amount while both the annuitant and joint annuitant are alive.
- Continue to be paid after the death of either annuitant at the rate requested and for so long as the remaining annuitant survives.
- Cease at the death of both the annuitant and joint annuitant.

Annuity Option 7 - Life Income With Lump Sum Refund at Death

Payments will be made for as long as the annuitant is alive. If the annuitant dies before the total amount of the payments made equals the value applied to this annuity option (less any applicable state or federal premium tax deductions), a death benefit, consisting of a lump sum equal to such value (less any applicable state or federal premium tax deductions) less any annuity payments previously made, will be paid.

SAMPLE CONTRACT

TABLES OF GUARANTEED MONTHLY PAYMENTS*

Amount for Each \$1,000 Applied

Annuity Option 1. Income for a Fixed Period

Period (Years)	Payment	Period (Years)	Payment	Period (Years)	Payment
5	\$17.09	8	\$10.84	15	\$5.98
6	14.31	9	9.68	20	4.60
7	12.33	10	8.76	25	3.77

Annuity Option 2. Life Income With a Guaranteed Period

Number of Payments for a Guaranteed Period											
Age	120	180	240	Age	120	180	240	Age	120	180	240
50	\$2.98	\$2.95	\$2.90	60	\$3.83	\$3.73	\$3.56	66	\$4.59	\$4.34	\$3.98
55	3.35	3.30	3.21	61	3.94	3.82	3.63	67	4.74	4.45	4.05
56	3.44	3.38	3.28	62	4.06	3.92	3.70	68	4.90	4.56	4.11
57	3.53	3.46	3.35	63	4.19	4.02	3.77	69	5.05	4.66	4.17
58	3.63	3.55	3.42	64	4.32	4.13	3.85	70	5.22	4.77	4.22
59	3.73	3.64	3.49	65	4.45	4.23	3.91	75	6.11	5.27	4.43

Annuity Option 3. Life Income

Age	Payment	Age	Payment
50	2.99	63	4.30
55	3.39	64	4.45
56	3.48	65	4.61
57	3.57	66	4.78
58	3.68	67	4.96
59	3.79	68	5.15
60	3.90	69	5.36
61	4.03	70	5.58
62	4.16	75	6.92

TABLES OF GUARANTEED MONTHLY PAYMENTS*

Annuity Option 4. Joint Life Income With 50% Contingent Annuitant Payments

Annuitant Age	Contingent Annuitant					
	50	55	60	65	70	75
50	\$2.71	\$2.79	\$2.85	\$2.90	\$2.94	\$2.96
55	2.92	3.03	3.13	3.21	3.28	3.32
60	3.14	3.30	3.45	3.58	3.69	3.77
65	3.39	3.59	3.80	4.01	4.19	4.34
70	3.65	3.90	4.18	4.48	4.77	5.03
75	3.91	4.22	4.58	4.98	5.41	5.83

Annuity Option 5. Joint and 50% Survivor Life Income With a 10 Year Guaranteed Period

Annuitant Age	Contingent Annuitant					
	50	55	60	65	70	75
50	\$2.87	\$3.04	\$3.24	\$3.47	\$3.73	\$4.03
55	3.04	3.23	3.46	3.72	4.02	4.37
60	3.23	3.45	3.71	4.01	4.36	4.77
65	3.45	3.70	4.00	4.35	4.77	5.25
70	3.69	3.98	4.32	4.74	5.23	5.82
75	3.94	4.27	4.67	5.16	5.74	6.45

Annuity Option 6. Joint and 50% Survivor Life Income Payments

Annuitant Age	Joint Annuitant					
	50	55	60	65	70	75
50	\$2.87	\$3.04	\$3.24	\$3.47	\$3.73	\$4.03
55	3.04	3.23	3.46	3.72	4.02	4.37
60	3.23	3.45	3.71	4.01	4.37	4.78
65	3.45	3.70	4.00	4.35	4.77	5.27
70	3.69	3.98	4.33	4.74	5.25	5.85
75	3.94	4.27	4.68	5.17	5.78	6.52

Annuity Option 7. Life Income With Lump Sum Refund at Death

Age	Payment	Age	Payment	Age	Payment
50	\$2.69	60	\$3.27	66	\$3.75
55	2.95	61	3.34	67	3.85
56	3.01	62	3.42	68	3.94
57	3.07	63	3.50	69	4.05
58	3.13	64	3.58	70	4.15
59	3.20	65	3.66	75	4.76

*For ages, periods, and rates not shown, we will furnish the amount of payment on request. The guaranteed monthly payments are based on a 1% effective annual interest rate and the US Annuity 2000 Table; male mortality shown.

FLEXIBLE PREMIUM DEFERRED ANNUITY

Point-to-Point Fixed Indexed Interest Crediting Option Rider

This rider is a part of the Contract to which it is attached. It is subject to the terms, conditions, and provisions contained in the Contract. The provisions of this rider will supersede any conflicting provisions of the Contract.

Definitions

Contract. When this rider is attached to a Certificate issued under a Group Contract, "Contract" herein means the Certificate. Otherwise, "Contract" may refer to either an Individual Contract or Policy.

Index. The applicable index is shown on the Information page.

You, Your. The Owner of the Contract.

Effective Date

If this rider is attached on the Contract's date of issue, the rider's effective date is the Contract's date of issue. If this rider is attached after the Contract's date of issue, the rider is effective at the beginning of the next index crediting period.

Benefit

The purpose of this rider is to provide one or more fixed indexed interest crediting options that are in addition to any fixed interest crediting option in your Contract. Once this rider is attached, the Contract will offer one or more account value options with fixed indexed based interest return. Any account value allocated to these options is subject to an interest crediting formula which uses the changes in the index as part of its calculation. The options offered under this rider shall be hereafter referred to as "the option" or "this option."

Any interest is credited at the end of the index crediting period on the index crediting date. The index interest credit is calculated by using a formula that takes into account the point-to-point values of an index. The Information page shows the index interest crediting options available on the rider's effective date, and any allocated initial premium, index, index crediting period, and any applicable cap rate, participation rate, or spread rate for the option.

Account Value

This option's account value equals any premium allocated to this option, plus any index interest credits; less: any amounts previously surrendered from this option's account value (including any surrender charges thereon), any rider charges (including any applicable rider charges shown on your Contract Information page under the rider charges section), and any adjustments for reallocations.

Premiums

After the initial premium, all premium payments will be allocated to the fixed interest crediting option in your Contract. You may reallocate account value into and out of this option as described below. All allocations and reallocations of any account value into and out of this option's account value are subject to any changes, limitations, and suspensions that are in effect.

Reallocation of Account Value

Value Being Moved Out of Option

On any index crediting date and after any index interest credits are applied, this option's account value may be moved to any other option(s) in amounts of at least \$2,000. The amount remaining in this option's account value after that reallocation must be either zero, or at least \$2,000. You must notify us of any reallocation at least 30 days prior to the index crediting date.

Value Being Moved Into Option

On any index crediting date and after any index interest credits are applied, you may move account value into this option in amounts of at least \$2,000. You must notify us of any reallocation at least 30 days prior to the index crediting date.

Allocation/Reallocation Limitations

The Company may decide to change, limit, or suspend any further allocations or reallocations to this option or any indices offered under this option. We will notify you at least 30 days prior to such change, limitation, or suspension. Any change, limitation, or suspension is effective on the next index crediting date for each index crediting period. At that time, you may request that we allocate this option's account value according to your election. If no election is made and if the change, limitation, or suspension requires a reallocation of account value out of the option, we will then allocate this option's account value proportionately across the remaining options in which you have account value allocated or we will allocate this option's account value to the fixed option if all remaining options offered have an account value equal to zero. We will notify you once the option is no longer limited or suspended.

Interest Payable at Death

If an owner dies before the maturity date and the Contract is fully surrendered prior to the next index crediting date, we will apply a partial index interest credit to this option's account value. The partial index interest credit will be calculated as if the date of death was an index crediting date, but the Contract years and anniversary will not change. After applying such index interest credit, all index interest crediting will cease, and we will credit a fixed interest rate which is the same rate currently being credited in the Contract for the period following the date of death until the date of full surrender.

The Company may decide to change, limit, or suspend the partial index interest credit at death. We will notify you at least 30 days prior to such change, limitation, or suspension. Any change, limitation, or suspension is effective on the date stated in our notice. We will notify you once the partial index interest credit at death is no longer limited or suspended.

Index Interest Credit

The index interest credit is the amount of interest credited to this option's account value on the index crediting date. Any index interest credits are calculated and applied as interest based on the formulas and definitions described herein. The index interest credit equals:

- The index change minus any applicable spread rate; multiplied by any applicable participation rate; and the result is subject to any applicable cap rate; multiplied by
- This option's account value on the prior index crediting date less: any amounts surrendered (including any applicable surrender charges), rider charges; including any applicable rider charges shown on your Contract Information page under the rider charges section, and adjustments for reallocations that may have occurred at the beginning of the index crediting period.

As shown on the Information page, if this option is not issued with a spread rate, participation rate, or cap rate, then they are not a part of any index interest credit calculation herein. The index interest credit will never be less than zero.

Index Crediting Period

The index crediting period is the period over which the performance of any index is assessed to determine any potential index interest credit. The applicable index crediting period is shown on the Information page. An index crediting period begins on a Contract anniversary.

Index Crediting Date

The date on which the index interest credit occurs. This date is at the end of the index crediting period and falls on a Contract anniversary.

Index Value

The index value on any specified date is the closing value of the selected index at the close of business on that date. If no index value is published, we will use the index value on the next business day for which the index value is published. Subject to obtaining prior written approval from the Insurance Commissioner, if required by law of the state where the rider is delivered, if publication of the selected index is discontinued, or if we are unable to utilize it, or if the calculation is substantially changed, we will substitute a suitable alternative index and notify you at your last known address.

Cap Rate

The cap rate is the maximum percentage rate that is applied at the end of the index crediting period on the index crediting date as part of the total calculation for index interest credit. As shown on the Information page, any applicable cap rate is declared by the Company at the beginning of the index crediting period, and is guaranteed for that index crediting period. The cap rate will never be less than 1.00%.

Participation Rate

The participation rate determines how much of any increase in the index will be used to calculate any index interest credits. The index change for the index crediting period less any applicable spread rate; is multiplied by any applicable participation rate. As shown on the Information page, any applicable participation rate is declared by the Company at the beginning of the index crediting period and is guaranteed for the index crediting period. The participation rate will never be less than 100.00% for an index crediting period.

Index Interest Credit Adjustment Rate (Spread Rate)

The spread rate is the rate which is subtracted from the index change for the index crediting period in determining any index interest credit. As shown on the Information page, any applicable spread rate is declared by the Company at the beginning of the index crediting period and is guaranteed for that index crediting period. The spread rate will never be greater than 0.00% for an index crediting period.

Index Change

The index change is calculated on each index crediting date and is used to calculate any index interest credit. The index change equals the index value on the current index crediting date minus the index value on the prior index crediting date; divided by the index value on the prior index crediting date.

Point-to-Point

An index value is captured on each index crediting date and is compared to the index value from the prior index crediting date to determine the index change. The Information page in your issued Contract shows the applicable index crediting period.

Point-to-Point Fixed Indexed Interest Crediting Option Rider (Cont'd)

Surrender Value

For a full surrender, the option's surrender value is the greater of: the option's account value, less surrender charges; or the option's minimum guaranteed surrender value.

For any partial surrender, the surrender value is the option's account value less surrender charges.

If you withdraw the option's entire account value, any surrender charges applied will not exceed the amount, if any, by which the option's account value exceeds the option's minimum guaranteed surrender value. If you withdraw less than all of the option's account value, then the entire surrender charge percentage will apply.

If the surrender occurs between index crediting dates, the surrender value will not include any index interest credits for the current index crediting period.

Minimum Guaranteed Surrender Value

The minimum amount you will receive if you surrender all of the account value allocated to the option. The amount is described in the Contract to which this rider is attached, and the rate at which the minimum guaranteed surrender value increases is shown on the Information page.

Maturity Date

If the maturity date is between index crediting dates, the annuity payment will not include any index interest credits for the current index crediting period.

Nonparticipating

Dividends are not payable.

Termination of Rider

The rider will terminate on the date the Contract terminates or on the date stated in our written notice of termination, which we will mail to you at least 30 days prior to the termination date. In no event, will we terminate the rider prior to the end of any index crediting period that is in effect when we give notice. If we terminate the rider, you may request that we allocate this option's account value according to your election. If no election is made, we will allocate this option's account value proportionately across the remaining options in which you have account value allocated or to the fixed option if all remaining options offered have an account value equal to zero.

ANY INDEX INTEREST CREDITS ARE CREDITED AT THE END OF THE INDEX CREDITING PERIOD ON THE INDEX CREDITING DATE AND ARE BASED ON FORMULA(S) THAT TAKE INTO ACCOUNT THE POINT-TO-POINT VALUES OF THE INDEX. THE CONTRACT VALUES MAY BE AFFECTED BY EXTERNAL INDEX(ES), BUT THE CONTRACT DOES NOT PARTICIPATE IN ANY STOCK, BOND, OR EQUITY INVESTMENTS.

Index Disclosure

S&P 500 Index

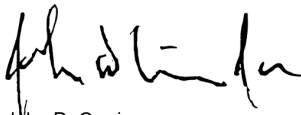
The index is used for calculating any index interest credit. The Index that will be used is the Standard & Poor's 500 Composite Stock Price Index (which excludes dividends). The Product is not sponsored, endorsed, sold or promoted by Standard & Poor's, a division of the McGraw-Hill Companies, Inc. ("S&P"). S&P makes no representation or warranty, express or implied, to the owners of the Product or any member of the public regarding the advisability of investing in securities generally or in the Product particularly or the ability of the S&P 500 Index to track general stock market performance. S&P's only relationship to the Licensee is the licensing of certain trademarks and trade names of S&P and of the S&P 500 Index which is determined, composed and calculated by S&P without regard to the Licensee or the Product.

S&P has no obligation to take the needs of the Licensee or the owners of the Product into consideration in determining, composing or calculating the S&P 500 Index. S&P is not responsible for and has not participated in the determination of the prices and amount of the Product or the timing of the issuance or sale of the Product or in the determination or calculation of the equation by which the Product is to be converted into cash. S&P has no obligation or liability in connection with the administration, marketing or trading of the Product.

S&P DOES NOT GUARANTEE THE ACCURACY AND/OR THE COMPLETENESS OF THE S&P 500 INDEX OR ANY DATA INCLUDED THEREIN AND S&P SHALL HAVE NO LIABILITY FOR ANY ERRORS, OMISSIONS, OR INTERRUPTIONS THEREIN. S&P MAKES NO WARRANTY, EXPRESS OR IMPLIED, AS TO RESULTS TO BE OBTAINED BY LICENSEE, OWNERS OF THE PRODUCT, OR ANY OTHER PERSON OR ENTITY FROM THE USE OF THE S&P 500 INDEX OR ANY DATA INCLUDED THEREIN. S&P MAKES NO EXPRESS OR IMPLIED WARRANTIES, AND EXPRESSLY DISCLAIMS ALL WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE OR USE WITH RESPECT TO THE S&P 500 INDEX OR ANY DATA INCLUDED THEREIN. WITHOUT LIMITING ANY OF THE FOREGOING, IN NO EVENT SHALL S&P HAVE ANY LIABILITY FOR ANY SPECIAL, PUNITIVE, INDIRECT, OR CONSEQUENTIAL DAMAGES (INCLUDING LOST PROFITS), EVEN IF NOTIFIED OF THE POSSIBILITY OF SUCH DAMAGES.

Signed for the Company.

Fidelity & Guaranty Life Insurance Company



John D. Currier
President

Point-to-Point Fixed Indexed Interest Crediting Option Rider

This rider is a part of the Contract to which it is attached. It is subject to the terms, conditions, and provisions contained in the Contract. The provisions of this rider will supersede any conflicting provisions of the Contract.

Definitions

Contract. When this rider is attached to a Certificate issued under a Group Contract, "Contract" herein means the Certificate. Otherwise, "Contract" may refer to either an Individual Contract or Policy.

Index. The applicable index is shown on the Information page.

You, Your. The Owner of the Contract.

Effective Date

If this rider is attached on the Contract's date of issue, the rider's effective date is the Contract's date of issue. If this rider is attached after the Contract's date of issue, the rider is effective at the beginning of the next index crediting period.

Benefit

The purpose of this rider is to provide one or more fixed indexed interest crediting options that are in addition to any fixed interest crediting option in your Contract. Once this rider is attached, the Contract will offer one or more account value options with fixed indexed based interest return. Any account value allocated to these options is subject to an interest crediting formula which uses the changes in the index as part of its calculation. The options offered under this rider shall be hereafter referred to as "the option" or "this option."

Any interest is credited at the end of the index crediting period on the index crediting date. The index interest credit is calculated by using a formula that takes into account the point-to-point values of an index. The Information page shows the index interest crediting options available on the rider's effective date, and any allocated initial premium, index, index crediting period, and any applicable cap rate, participation rate, or spread rate for the option.

Account Value

This option's account value equals any premium allocated to this option, plus any index interest credits; less: any amounts previously surrendered from this option's account value (including any surrender charges thereon), any rider charges (including any applicable rider charges shown on your Contract Information page under the rider charges section), and any adjustments for reallocations.

Premiums

After the initial premium, all premium payments will be allocated to the fixed interest crediting option in your Contract. You may reallocate account value into and out of this option as described below. All allocations and reallocations of any account value into and out of this option's account value are subject to any changes, limitations, and suspensions that are in effect.

Reallocation of Account Value

Value Being Moved Out of Option

On any index crediting date and after any index interest credits are applied, this option's account value may be moved to any other option(s) in amounts of at least \$2,000. The amount remaining in this option's account value after that reallocation must be either zero, or at least \$2,000. You must notify us of any reallocation at least 30 days prior to the index crediting date.

Value Being Moved Into Option

On any index crediting date and after any index interest credits are applied, you may move account value into this option in amounts of at least \$2,000. You must notify us of any reallocation at least 30 days prior to the index crediting date.

Allocation/Reallocation Limitations

The Company may decide to change, limit, or suspend any further allocations or reallocations to this option or any indices offered under this option. We will notify you at least 30 days prior to such change, limitation, or suspension. Any change, limitation, or suspension is effective on the next index crediting date for each index crediting period. At that time, you may request that we allocate this option's account value according to your election. If no election is made and if the change, limitation, or suspension requires a reallocation of account value out of the option, we will then allocate this option's account value proportionately across the remaining options in which you have account value allocated or we will allocate this option's account value to the fixed option if all remaining options offered have an account value equal to zero. We will notify you once the option is no longer limited or suspended.

Interest Payable at Death

If an owner dies before the maturity date and the Contract is fully surrendered prior to the next index crediting date, we will apply a partial index interest credit to this option's account value. The partial index interest credit will be calculated as if the date of death was an index crediting date, but the Contract years and anniversary will not change. After applying such index interest credit, all index interest crediting will cease, and we will credit a fixed interest rate which is the same rate currently being credited in the Contract for the period following the date of death until the date of full surrender.

The Company may decide to change, limit, or suspend the partial index interest credit at death. We will notify you at least 30 days prior to such change, limitation, or suspension. Any change, limitation, or suspension is effective on the date stated in our notice. We will notify you once the partial index interest credit at death is no longer limited or suspended.

Index Interest Credit

The index interest credit is the amount of interest credited to this option's account value on the index crediting date. Any index interest credits are calculated and applied as interest based on the formulas and definitions described herein. The index interest credit equals:

- The index change minus any applicable spread rate; multiplied by any applicable participation rate; and the result is subject to any applicable cap rate; multiplied by
- This option's account value on the prior index crediting date less: any amounts surrendered (including any applicable surrender charges), rider charges; including any applicable rider charges shown on your Contract Information page under the rider charges section, and adjustments for reallocations that may have occurred at the beginning of the index crediting period.

As shown on the Information page, if this option is not issued with a spread rate, participation rate, or cap rate, then they are not a part of any index interest credit calculation herein. The index interest credit will never be less than zero.

Index Crediting Period

The index crediting period is the period over which the performance of any index is assessed to determine any potential index interest credit. The applicable index crediting period is shown on the Information page. An index crediting period begins on a Contract anniversary.

Index Crediting Date

The date on which the index interest credit occurs. This date is at the end of the index crediting period and falls on a Contract anniversary.

Index Value

The index value on any specified date is the closing value of the selected index at the close of business on that date. If no index value is published, we will use the index value on the next business day for which the index value is published. Subject to obtaining prior written approval from the Insurance Commissioner, if required by law of the state where the rider is delivered, if publication of the selected index is discontinued, or if we are unable to utilize it, or if the calculation is substantially changed, we will substitute a suitable alternative index and notify you at your last known address.

Cap Rate

The cap rate is the maximum percentage rate that is applied at the end of the index crediting period on the index crediting date as part of the total calculation for index interest credit. As shown on the Information page, any applicable cap rate is declared by the Company at the beginning of the index crediting period, and is guaranteed for that index crediting period. The cap rate will never be less than 2.00%.

Participation Rate

The participation rate determines how much of any increase in the index will be used to calculate any index interest credits. The index change for the index crediting period less any applicable spread rate; is multiplied by any applicable participation rate. As shown on the Information page, any applicable participation rate is declared by the Company at the beginning of the index crediting period and is guaranteed for the index crediting period. The participation rate will never be less than 100.00% for an index crediting period.

Index Interest Credit Adjustment Rate (Spread Rate)

The spread rate is the rate which is subtracted from the index change for the index crediting period in determining any index interest credit. As shown on the Information page, any applicable spread rate is declared by the Company at the beginning of the index crediting period and is guaranteed for that index crediting period. The spread rate will never be greater than 0.00% for an index crediting period.

Index Change

The index change is calculated on each index crediting date and is used to calculate any index interest credit. The index change equals the index value on the current index crediting date minus the index value on the prior index crediting date; divided by the index value on the prior index crediting date.

Point-to-Point

An index value is captured on each index crediting date and is compared to the index value from the prior index crediting date to determine the index change. The Information page in your issued Contract shows the applicable index crediting period.

Point-to-Point Fixed Indexed Interest Crediting Option Rider (Cont'd)

Surrender Value

For a full surrender, the option's surrender value is the greater of: the option's account value, less surrender charges; or the option's minimum guaranteed surrender value.

For any partial surrender, the surrender value is the option's account value less surrender charges.

If you withdraw the option's entire account value, any surrender charges applied will not exceed the amount, if any, by which the option's account value exceeds the option's minimum guaranteed surrender value. If you withdraw less than all of the option's account value, then the entire surrender charge percentage will apply.

If the surrender occurs between index crediting dates, the surrender value will not include any index interest credits for the current index crediting period.

Minimum Guaranteed Surrender Value

The minimum amount you will receive if you surrender all of the account value allocated to the option. The amount is described in the Contract to which this rider is attached, and the rate at which the minimum guaranteed surrender value increases is shown on the Information page.

Maturity Date

If the maturity date is between index crediting dates, the annuity payment will not include any index interest credits for the current index crediting period.

Nonparticipating

Dividends are not payable.

Termination of Rider

The rider will terminate on the date the Contract terminates or on the date stated in our written notice of termination, which we will mail to you at least 30 days prior to the termination date. In no event, will we terminate the rider prior to the end of any index crediting period that is in effect when we give notice. If we terminate the rider, you may request that we allocate this option's account value according to your election. If no election is made, we will allocate this option's account value proportionately across the remaining options in which you have account value allocated or to the fixed option if all remaining options offered have an account value equal to zero.

ANY INDEX INTEREST CREDITS ARE CREDITED AT THE END OF THE INDEX CREDITING PERIOD ON THE INDEX CREDITING DATE AND ARE BASED ON FORMULA(S) THAT TAKE INTO ACCOUNT THE POINT-TO-POINT VALUES OF THE INDEX. THE CONTRACT VALUES MAY BE AFFECTED BY EXTERNAL INDEX(ES), BUT THE CONTRACT DOES NOT PARTICIPATE IN ANY STOCK, BOND, OR EQUITY INVESTMENTS.

Index Disclosure

S&P 500 Index

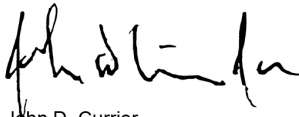
The index is used for calculating any index interest credit. The Index that will be used is the Standard & Poor's 500 Composite Stock Price Index (which excludes dividends). The Product is not sponsored, endorsed, sold or promoted by Standard & Poor's, a division of the McGraw-Hill Companies, Inc. ("S&P"). S&P makes no representation or warranty, express or implied, to the owners of the Product or any member of the public regarding the advisability of investing in securities generally or in the Product particularly or the ability of the S&P 500 Index to track general stock market performance. S&P's only relationship to the Licensee is the licensing of certain trademarks and trade names of S&P and of the S&P 500 Index which is determined, composed and calculated by S&P without regard to the Licensee or the Product.

S&P has no obligation to take the needs of the Licensee or the owners of the Product into consideration in determining, composing or calculating the S&P 500 Index. S&P is not responsible for and has not participated in the determination of the prices and amount of the Product or the timing of the issuance or sale of the Product or in the determination or calculation of the equation by which the Product is to be converted into cash. S&P has no obligation or liability in connection with the administration, marketing or trading of the Product.

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Signed for the Company.

Fidelity & Guaranty Life Insurance Company



John D. Currier
President

Point to Point Fixed Declared Rate on Index Gain Interest Crediting Option Rider

This rider is a part of the Contract to which it is attached. It is subject to the terms, conditions, and provisions contained in the Contract. The provisions of this rider will supersede any conflicting provisions of the Contract.

Definitions

Contract. When this rider is attached to a Certificate issued under a Group Contract, "Contract" herein means the Certificate. Otherwise, "Contract" may refer to either an Individual Contract or Policy.

Index. The applicable index is shown on the Information page.

You, Your. The Owner of the Contract.

Effective Date

If this rider is attached on the Contract's date of issue, the rider's effective date is the Contract's date of issue. If this rider is attached after the Contract's date of issue, the rider is effective at the beginning of the next index crediting period.

Benefit

The purpose of this rider is to provide one or more fixed indexed interest crediting options that are in addition to any fixed interest crediting option in your Contract. Once this rider is attached, the Contract will offer one or more account value options with fixed indexed based interest return. Any account value allocated to these options is subject to an interest crediting formula which uses the changes in the index as part of its calculation. The options offered under this rider shall be hereafter referred to as "the option" or "this option."

Any interest is credited at the end of the index crediting period on the index crediting date. The index interest credit is calculated by using a formula that takes into account the point-to-point values of an index at the beginning and end of the index crediting period. The index gain interest rate is declared annually and applies for a one (1) year period. The Information page shows the index interest crediting options available on the rider's effective date and any allocated initial premium, index, index crediting period and the index gain interest rate for the option. The index gain interest rate shown on the Information page is for the first Contract year only.

Account Value

This option's account value equals any premium allocated to this option, plus any index interest credits; less: any amounts previously surrendered from this option's account value (including any surrender charges thereon), any rider charges (including any applicable rider charges shown on your Contract Information page under the rider charges section), and any adjustments for reallocations.

Premiums

After the initial premium, all premium payments will be allocated to the fixed interest crediting option in your Contract. You may reallocate account value into and out of this option as described below. All allocations and reallocations of any account value into and out of this option's account value are subject to any changes, limitations, and suspensions that are in effect.

Reallocation of Account Value

Value Being Moved Out of Option

On any index crediting date and after any index interest credits are applied, this option's account value may be moved to any other option(s) in amounts of at least \$2,000. The amount remaining in this option's account value after that reallocation must be either zero, or at least \$2,000. You must notify us of any reallocation at least 30 days prior to the index crediting date.

Value Being Moved Into Option

On any index crediting date and after any index interest credits are applied, you may move account value into this option in amounts of at least \$2,000. You must notify us of any reallocation at least 30 days prior to the index crediting date.

Allocation/Reallocation Limitations

The Company may decide to change, limit, or suspend any further allocations or reallocations to this option or any indices offered under this option. We will notify you at least 30 days prior to such change, limitation, or suspension. Any change, limitation, or suspension is effective on the next index crediting date for each index crediting period. At that time, you may request that we allocate this option's account value according to your election. If no election is made and if the change, limitation, or suspension requires a reallocation of account value out of the option, we will then allocate this option's account value proportionately across the remaining options in which you have account value allocated or we will allocate this option's account value to the fixed option if all remaining options offered have an account value equal to zero. We will notify you once the option is no longer limited or suspended.

Point to Point Fixed Declared Rate on Index Gain Interest Crediting Option Rider (Cont'd)

Interest Payable at Death

If an owner dies before the maturity date and the Contract is fully surrendered prior to the next index crediting date, we will apply a partial index interest credit to this option's account value. The partial index interest credit will be calculated as if the date of death was an index crediting date, but the Contract years and anniversary will not change. After applying such index interest credit, all index interest crediting will cease, and we will credit a fixed interest rate which is the same rate currently being credited in the Contract for the period following the date of death until the date of full surrender.

The Company may decide to change, limit, or suspend the partial index interest credit at death. We will notify you at least 30 days prior to such change, limitation, or suspension. Any change, limitation, or suspension is effective on the date stated in our notice. We will notify you once the partial index interest credit at death is no longer limited or suspended.

Index Interest Credit

The index interest credit is the amount of interest credited to this option's account value on the index crediting date. Any index interest credits are applied as interest based on the index gain interest rate for the crediting period. If the index value at the end of the index crediting period is greater than the index value at the beginning of the index crediting period then the index interest credit is determined by multiplying the index gain interest rate by this option's account value on the prior index crediting date less: any amounts surrendered (including any applicable surrender charges), rider charges; (including any applicable rider charges shown on your Contract Information page under the rider charges section), and adjustments for reallocations that may have occurred at the beginning of the index crediting period.

If the index value at the end of the index crediting period is less than or equal to the index value at the beginning of the index crediting period then the index interest credit will be zero.

The index interest credit will never be less than zero.

Index Crediting Period

The index crediting period is the period over which the performance of any index is assessed to determine any potential index interest credit. The applicable index crediting period is shown on the Information page. An index crediting period begins on a Contract anniversary.

Index Crediting Date

The date on which the index interest credit occurs. This date is at the end of the index crediting period and falls on a Contract anniversary.

Index Value

The index value on any specified date is the closing value of the selected index at the close of business on that date. If no index value is published, we will use the index value on the next business day for which the index value is published. Subject to obtaining prior written approval from the Insurance Commissioner, if required by law of the state where the rider is delivered, if publication of the selected index is discontinued, or if we are unable to utilize it, or if the calculation is substantially changed, we will substitute a suitable alternative index and notify you at your last known address.

Index Gain Interest Rate

The index gain interest rate is the percentage rate that is applied at the end of the index crediting period on the index crediting date which takes in to account the current index value compared to the index value from the prior index crediting date. As shown on the Information page, any applicable index gain interest rate is declared by the Company at the beginning of the index crediting period and is guaranteed for that index crediting period. The index gain interest rate will never be less than 1% for an index crediting period.

Point-to-Point

The index value is captured on the index crediting date and is compared to the index value from the prior index crediting date to determine if the index interest option's account value will be credited with the index gain interest rate. If at the end of the period there is any increase in the index value, the index interest option's account value will be credited with the index gain interest rate. If at the end of the period there is a decrease or no change in the index value then there will be no credit to the index interest option's account.

The Information page in your issued Contract shows the applicable index crediting period and index gain interest rate

Surrender Value

For a full surrender, the option's surrender value is the greater of: the option's account value, less surrender charges; or the option's minimum guaranteed surrender value.

For any partial surrender, the surrender value is the option's account value less surrender charges.

If you withdraw the option's entire account value, any surrender charges applied will not exceed the amount, if any, by which the option's account value exceeds the option's minimum guaranteed surrender value. If you withdraw less than all of the option's account value, then the entire surrender charge percentage will apply.

If the surrender occurs between index crediting dates, the surrender value will not include any index interest credits for the current index crediting period.

Point to Point Fixed Declared Rate on Index Gain Interest Crediting Option Rider (Cont'd)

Minimum Guaranteed Surrender Value

The minimum amount you will receive if you surrender all of the account value allocated to the option. The amount is described in the Contract to which this rider is attached, and the rate at which the minimum guaranteed surrender value increases is shown on the Information page.

Maturity Date

If the maturity date is between index crediting dates, the annuity payment will not include any index interest credits for the current index crediting period.

Nonparticipating

Dividends are not payable.

Termination of Rider

The rider will terminate on the date the Contract terminates or on the date stated in our written notice of termination, which we will mail to you at least 30 days prior to the termination date. In no event, will we terminate the rider prior to the end of any index crediting period that is in effect when we give notice. If we terminate the rider, you may request that we allocate this option's account value according to your election. If no election is made, we will allocate this option's account value proportionately across the remaining options in which you have account value allocated or to the fixed option if all remaining options offered have an account value equal to zero.

ANY INDEX INTEREST CREDITS ARE CREDITED AT THE END OF THE INDEX CREDITING PERIOD ON THE INDEX CREDITING DATE AND ARE BASED ON FORMULA(S) THAT TAKE INTO ACCOUNT THE POINT-TO-POINT VALUES OF THE INDEX. THE CONTRACT VALUES MAY BE AFFECTED BY EXTERNAL INDEX(ES), BUT THE CONTRACT DOES NOT PARTICIPATE IN ANY STOCK, BOND, OR EQUITY INVESTMENTS.

SAMPLE CONTRACT

Index Disclosure

S&P 500 Index

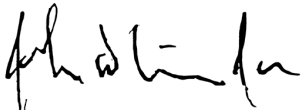
The index is used for calculating any index interest credit. The Index that will be used is the Standard & Poor's 500 Composite Stock Price Index (which excludes dividends). The Product is not sponsored, endorsed, sold or promoted by Standard & Poor's, a division of the McGraw-Hill Companies, Inc. ("S&P"). S&P makes no representation or warranty, express or implied, to the owners of the Product or any member of the public regarding the advisability of investing in securities generally or in the Product particularly or the ability of the S&P 500 Index to track general stock market performance. S&P's only relationship to the Licensee is the licensing of certain trademarks and trade names of S&P and of the S&P 500 Index which is determined, composed and calculated by S&P without regard to the Licensee or the Product.

S&P has no obligation to take the needs of the Licensee or the owners of the Product into consideration in determining, composing or calculating the S&P 500 Index. S&P is not responsible for and has not participated in the determination of the prices and amount of the Product or the timing of the issuance or sale of the Product or in the determination or calculation of the equation by which the Product is to be converted into cash. S&P has no obligation or liability in connection with the administration, marketing or trading of the Product.

S&P DOES NOT GUARANTEE THE ACCURACY AND/OR THE COMPLETENESS OF THE S&P 500 INDEX OR ANY DATA INCLUDED THEREIN AND S&P SHALL HAVE NO LIABILITY FOR ANY ERRORS, OMISSIONS, OR INTERRUPTIONS THEREIN. S&P MAKES NO WARRANTY, EXPRESS OR IMPLIED, AS TO RESULTS TO BE OBTAINED BY LICENSEE, OWNERS OF THE PRODUCT, OR ANY OTHER PERSON OR ENTITY FROM THE USE OF THE S&P 500 INDEX OR ANY DATA INCLUDED THEREIN. S&P MAKES NO EXPRESS OR IMPLIED WARRANTIES, AND EXPRESSLY DISCLAIMS ALL WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE OR USE WITH RESPECT TO THE S&P 500 INDEX OR ANY DATA INCLUDED THEREIN. WITHOUT LIMITING ANY OF THE FOREGOING, IN NO EVENT SHALL S&P HAVE ANY LIABILITY FOR ANY SPECIAL, PUNITIVE, INDIRECT, OR CONSEQUENTIAL DAMAGES (INCLUDING LOST PROFITS), EVEN IF NOTIFIED OF THE POSSIBILITY OF SUCH DAMAGES.

Signed for the Company.

Fidelity & Guaranty Life Insurance Company



John D. Currier
President

SAMPLE CONTRACT

Point-to-Point Fixed Indexed Interest Crediting Option Rider

This rider is a part of the Contract to which it is attached. It is subject to the terms, conditions, and provisions contained in the Contract. The provisions of this rider will supersede any conflicting provisions of the Contract.

Definitions

Contract. When this rider is attached to a Certificate issued under a Group Contract, "Contract" herein means the Certificate. Otherwise, "Contract" may refer to either an Individual Contract or Policy.

Index. The applicable index is shown on the Information page.

You, Your. The Owner of the Contract.

Effective Date

If this rider is attached on the Contract's date of issue, the rider's effective date is the Contract's date of issue. If this rider is attached after the Contract's date of issue, the rider is effective at the beginning of the next index crediting period.

Benefit

The purpose of this rider is to provide one or more fixed indexed interest crediting options that are in addition to any fixed interest crediting option in your Contract. Once this rider is attached, the Contract will offer one or more account value options with fixed indexed based interest return. Any account value allocated to these options is subject to an interest crediting formula which uses the changes in the index as part of its calculation. The options offered under this rider shall be hereafter referred to as "the option" or "this option."

Any interest is credited at the end of the index crediting period on the index crediting date. The index interest credit is calculated by using a formula that takes into account the point-to-point values of an index. The Information page shows the index interest crediting options available on the rider's effective date, and any allocated initial premium, index, index crediting period, and any applicable cap rate, participation rate, or spread rate for the option.

Account Value

This option's account value equals any premium allocated to this option, plus any index interest credits; less: any amounts previously surrendered from this option's account value (including any surrender charges thereon), any rider charges (including any applicable rider charges shown on your Contract Information page under the rider charges section), and any adjustments for reallocations.

Premiums

After the initial premium, all premium payments will be allocated to the fixed interest crediting option in your Contract. You may reallocate account value into and out of this option as described below. All allocations and reallocations of any account value into and out of this option's account value are subject to any changes, limitations, and suspensions that are in effect.

Reallocation of Account Value

Value Being Moved Out of Option

On any index crediting date and after any index interest credits are applied, this option's account value may be moved to any other option(s) in amounts of at least \$2,000. The amount remaining in this option's account value after that reallocation must be either zero, or at least \$2,000. You must notify us of any reallocation at least 30 days prior to the index crediting date.

Value Being Moved Into Option

On any index crediting date and after any index interest credits are applied, you may move account value into this option in amounts of at least \$2,000. You must notify us of any reallocation at least 30 days prior to the index crediting date.

Point-to-Point Fixed Indexed Interest Crediting Option Rider (Cont'd)

Allocation/Reallocation Limitations

The Company may decide to change, limit, or suspend any further allocations or reallocations to this option or any indices offered under this option. We will notify you at least 30 days prior to such change, limitation, or suspension. Any change, limitation, or suspension is effective on the next index crediting date for each index crediting period. At that time, you may request that we allocate this option's account value according to your election. If no election is made and if the change, limitation, or suspension requires a reallocation of account value out of the option, we will then allocate this option's account value proportionately across the remaining options in which you have account value allocated or we will allocate this option's account value to the fixed option if all remaining options offered have an account value equal to zero. We will notify you once the option is no longer limited or suspended.

Interest Payable at Death

If an owner dies before the maturity date and the Contract is fully surrendered prior to the next index crediting date, we will apply a partial index interest credit to this option's account value. The partial index interest credit will be calculated as if the date of death was an index crediting date, but the Contract years and anniversary will not change. After applying such index interest credit, all index interest crediting will cease, and we will credit a fixed interest rate which is the same rate currently being credited in the Contract for the period following the date of death until the date of full surrender.

The Company may decide to change, limit, or suspend the partial index interest credit at death. We will notify you at least 30 days prior to such change, limitation, or suspension. Any change, limitation, or suspension is effective on the date stated in our notice. We will notify you once the partial index interest credit at death is no longer limited or suspended.

Index Interest Credit

The index interest credit is the amount of interest credited to this option's account value on the index crediting date. Any index interest credits are calculated and applied as interest based on the formulas and definitions described herein. The index interest credit equals:

- The index change minus any applicable spread rate; multiplied by any applicable participation rate; and the result is subject to any applicable cap rate; multiplied by
- This option's account value on the prior index crediting date less: any amounts surrendered (including any applicable surrender charges), rider charges; including any applicable rider charges shown on your Contract Information page under the rider charges section, and adjustments for reallocations that may have occurred at the beginning of the index crediting period.

As shown on the Information page, if this option is not issued with a spread rate, participation rate, or cap rate, then they are not a part of any index interest credit calculation herein. The index interest credit will never be less than zero.

Index Crediting Period

The index crediting period is the period over which the performance of any index is assessed to determine any potential index interest credit. The applicable index crediting period is shown on the Information page. An index crediting period begins on a Contract anniversary.

Index Crediting Date

The date on which the index interest credit occurs. This date is at the end of the index crediting period and falls on a Contract anniversary.

Index Value

The index value on any specified date is the closing value of the selected index at the close of business on that date. If no index value is published, we will use the index value on the next business day for which the index value is published. Subject to obtaining prior written approval from the Insurance Commissioner, if required by law of the state where the rider is delivered, if publication of the selected index is discontinued, or if we are unable to utilize it, or if the calculation is substantially changed, we will substitute a suitable alternative index and notify you at your last known address.

Participation Rate

The participation rate determines how much of any increase in the index will be used to calculate any index interest credits. The index change for the index crediting period less any applicable spread rate; is multiplied by any applicable participation rate. As shown on the Information page, any applicable participation rate is declared by the Company at the beginning of the index crediting period and is guaranteed for the index crediting period. The participation rate will never be less than 10% for an index crediting period.

Index Change

The index change is calculated on each index crediting date and is used to calculate any index interest credit. The index change equals the index value on the current index crediting date minus the index value on the prior index crediting date; divided by the index value on the prior index crediting date.

Point-to-Point

An index value is captured on each index crediting date and is compared to the index value from the prior index crediting date to determine the index change. The Information page in your issued Contract shows the applicable index crediting period.

Surrender Value

For a full surrender, the option's surrender value is the greater of: the option's account value, less surrender charges; or the option's minimum guaranteed surrender value.

For any partial surrender, the surrender value is the option's account value less surrender charges.

Point-to-Point Fixed Indexed Interest Crediting Option Rider (Cont'd)

If you withdraw the option's entire account value, any surrender charges applied will not exceed the amount, if any, by which the option's account value exceeds the option's minimum guaranteed surrender value. If you withdraw less than all of the option's account value, then the entire surrender charge percentage will apply.

If the surrender occurs between index crediting dates, the surrender value will not include any index interest credits for the current index crediting period.

Minimum Guaranteed Surrender Value

The minimum amount you will receive if you surrender all of the account value allocated to the option. The amount is described in the Contract to which this rider is attached, and the rate at which the minimum guaranteed surrender value increases is shown on the Information page.

Maturity Date

If the maturity date is between index crediting dates, the annuity payment will not include any index interest credits for the current index crediting period.

Nonparticipating

Dividends are not payable.

Termination of Rider

The rider will terminate on the date the Contract terminates or on the date stated in our written notice of termination, which we will mail to you at least 30 days prior to the termination date. In no event, will we terminate the rider prior to the end of any index crediting period that is in effect when we give notice. If we terminate the rider, you may request that we allocate this option's account value according to your election. If no election is made, we will allocate this option's account value proportionately across the remaining options in which you have account value allocated or to the fixed option if all remaining options offered have an account value equal to zero.

ANY INDEX INTEREST CREDITS ARE CREDITED AT THE END OF THE INDEX CREDITING PERIOD ON THE INDEX CREDITING DATE AND ARE BASED ON FORMULA(S) THAT TAKE INTO ACCOUNT THE POINT-TO-POINT VALUES OF THE INDEX. THE CONTRACT VALUES MAY BE AFFECTED BY EXTERNAL INDEX(ES), BUT THE CONTRACT DOES NOT PARTICIPATE IN ANY STOCK, BOND, OR EQUITY INVESTMENTS.

Index Disclosure

S&P 500 Index

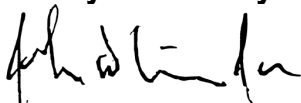
The index is used for calculating any index interest credit. The Index that will be used is the Standard & Poor's 500 Composite Stock Price Index (which excludes dividends). The Product is not sponsored, endorsed, sold or promoted by Standard & Poor's, a division of the McGraw-Hill Companies, Inc. ("S&P"). S&P makes no representation or warranty, express or implied, to the owners of the Product or any member of the public regarding the advisability of investing in securities generally or in the Product particularly or the ability of the S&P 500 Index to track general stock market performance. S&P's only relationship to the Licensee is the licensing of certain trademarks and trade names of S&P and of the S&P 500 Index which is determined, composed and calculated by S&P without regard to the Licensee or the Product.

S&P has no obligation to take the needs of the Licensee or the owners of the Product into consideration in determining, composing or calculating the S&P 500 Index. S&P is not responsible for and has not participated in the determination of the prices and amount of the Product or the timing of the issuance or sale of the Product or in the determination or calculation of the equation by which the Product is to be converted into cash. S&P has no obligation or liability in connection with the administration, marketing or trading of the Product.

S&P DOES NOT GUARANTEE THE ACCURACY AND/OR THE COMPLETENESS OF THE S&P 500 INDEX OR ANY DATA INCLUDED THEREIN AND S&P SHALL HAVE NO LIABILITY FOR ANY ERRORS, OMISSIONS, OR INTERRUPTIONS THEREIN. S&P MAKES NO WARRANTY, EXPRESS OR IMPLIED, AS TO RESULTS TO BE OBTAINED BY LICENSEE, OWNERS OF THE PRODUCT, OR ANY OTHER PERSON OR ENTITY FROM THE USE OF THE S&P 500 INDEX OR ANY DATA INCLUDED THEREIN. S&P MAKES NO EXPRESS OR IMPLIED WARRANTIES, AND EXPRESSLY DISCLAIMS ALL WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE OR USE WITH RESPECT TO THE S&P 500 INDEX OR ANY DATA INCLUDED THEREIN. WITHOUT LIMITING ANY OF THE FOREGOING, IN NO EVENT SHALL S&P HAVE ANY LIABILITY FOR ANY SPECIAL, PUNITIVE, INDIRECT, OR CONSEQUENTIAL DAMAGES (INCLUDING LOST PROFITS), EVEN IF NOTIFIED OF THE POSSIBILITY OF SUCH DAMAGES.

Signed for the Company.

Fidelity & Guaranty Life Insurance Company



John D. Carrier
President

Free Surrender – Partial Withdrawal

This rider is a part of the Contract to which it is attached. It is subject to the terms, conditions, and provisions contained in the Contract. The following new provisions are added to the Contract. This rider will supersede any conflicting provisions of the Contract.

The **SURRENDER** section is amended to add the following provision:

Free Surrender In addition to the circumstances stated in the Policy, after the first Policy year, a portion of the account value withdrawn will not be subject to a surrender charge. The amount that can be surrendered without charge is an amount equal to ten percent of the account value as of the prior policy anniversary, less any amounts previously surrendered in the current Policy year which were not subject to surrender charges. The amount that can be surrendered without charge per Policy year is noncumulative, and any unused amount during a Policy year is not carried over to any subsequent Policy years.

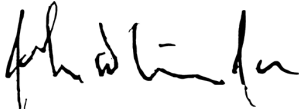
Effective Date This rider is effective on the same day as the Policy is effective.

Termination of Rider This rider will terminate when the Policy terminates.

Nonparticipating Dividends are not payable.

Signed for the company.

Fidelity & Guaranty Life Insurance Company



John D. Currier
President

SAMPLE CONTRACT

Waiver of Surrender Charge Rider – Death of Owner

This rider is a part of the Contract to which it is attached. It is subject to the terms, conditions, and provisions contained in the Contract. The following new provisions are added to the Contract. This rider will supersede any conflicting provisions of the Contract.

The following is added to the **Waiver of Surrender Charge** provision in the **SURRENDER** section.

Waiver of Surrender Charge

In addition to the circumstances stated in the Policy, the surrender charge does not apply after the death of an Owner, unless the spouse of the first Owner to die continues or succeeds to ownership of the Policy.

The following is added to the **Death of Owner** provision in the **DEATH** section.

Surrender charges are waived after the death of an Owner, unless the spouse of the first Owner to die continues or succeeds to ownership of the Policy.

Effective Date

This rider is effective on the same day as the Policy is effective.

Termination of Rider

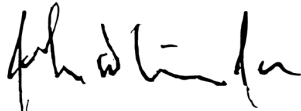
This rider will terminate when the Policy terminates.

Nonparticipating

Dividends are not payable.

Signed for the Company.

Fidelity & Guaranty Life Insurance Company



John D. Currier
President

SAMPLE CONTRACT

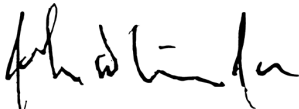
Waiver of Surrender Charge Rider- Nursing Home Confinement

This rider is a part of the Contract to which it is attached. It is subject to the terms, conditions, and provisions contained in the Contract. The following new provisions are added to the Contract. This rider will supersede any conflicting provisions of the Contract.

Definitions	<p><u>Annuitant</u>. The Annuitant's name as shown on page 3 of the policy.</p> <p><u>You, Your</u>. The Owner(s) of the policy.</p> <p><u>Nursing Home</u>. A state-licensed, nursing long-term care facility that provides skilled, continuous nursing care or service under the supervision of a licensed nurse or physician.</p>
Effective Date	This rider's effective date is the policy's Date of Issue.
Written Request	We will require a written request for the Waiver of Surrender Charge Benefit .
Waiver of Surrender Charge Benefit	<p>In addition to the circumstances stated in the policy, the surrender charge does not apply if you are confined to a nursing home provided:</p> <ul style="list-style-type: none">• Confinement to such nursing home first begins at least 1 year after the policy's Date of Issue;• Confinement has continued for at least 60 consecutive days;• The surrender is made while you are confined; and• Written proof of confinement is received at our Home Office.
Nonparticipating	Dividends are not payable.
Termination of Rider	You may terminate this rider at any time by written request.

Signed for the Company.

Fidelity & Guaranty Life Insurance Company



John D. Currier
President

SAMPLE CONTRACT

Waiver of Surrender Charge Rider-Terminal Illness

This rider is a part of the Contract to which it is attached. It is subject to the terms, conditions, and provisions contained in the Contract. The following new provisions are added to the Contract. This rider will supersede any conflicting provisions of the Contract.

Definitions Annuitant. The Annuitant's name as shown on page 3 of the policy.

You, Your. The Owner(s) of the policy.

Physician. A doctor of medicine who is:

- Duly qualified;
- Licensed in the United States of America; and
- Performing within the scope of his or her license.

A physician must not be: you; the Annuitant; or the brother, sister, parent, spouse or child of either you or the Annuitant or any spouse of any of the above.

Terminal Illness. Illness or physical condition that results in your having a life expectancy of 12 months or less.

Effective Date This rider's effective date is the policy's Date of Issue.

Written Request We will require a written request for the **Waiver of Surrender Charge Benefit**.

Waiver of Surrender Charge Benefit In addition to the circumstances stated in the policy, the surrender charge does not apply if you have a terminal illness provided:

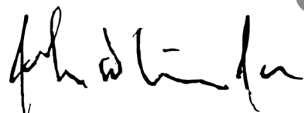
- The terminal illness is diagnosed at least 1 year after the policy's Date of Issue; and
- Written proof of the terminal illness is received at our Home Office. This proof will include, but is not limited to, certification by a physician who provides medical care to you in connection with your terminal illness. We reserve the right to obtain a second medical certification, at our expense, from a physician selected by us.

Nonparticipating Dividends are not payable.

Termination of Rider You may terminate this rider at any time by written request.

Signed for the Company.

Fidelity & Guaranty Life Insurance Company



John D. Carrier
President

Market Value Adjustment Rider

This rider is a part of the Contract to which it is attached. It is subject to the terms, conditions, and provisions contained in the Contract. The following new provisions are added to the Contract. This rider will supersede any conflicting provisions of the Contract.

Definitions

Market Value Adjustment Period. Market Value Adjustments are applicable during the Market Value Adjustment Period. The Market Value Adjustment Period is equal to the number of years that the surrender charge percentage in the surrender charge schedule (shown on the contract's information page) is greater than zero.

Surrender Request. Any request to surrender, in full or in part, or to make payments under an annuity option.

Market Value Adjustment Factor. The Market Value Adjustment Factor is calculated as of the date a Surrender Request is processed and is equal to:

$$1 - \left(\frac{1+A}{1+B+.0025} \right)^{N/12}, \text{ where:}$$

- A and B are rates (based on the Bloomberg Barclays US Aggregate Index Yield to Worst);
- A is the rate determined as of the beginning of the Market Value Adjustment Period;
- B is the rate determined as of the date we process the Surrender Request; and
- N is the number of months remaining to the end of the Market Value Adjustment Period, rounded up to the next higher number of months.

Straight line interpolation is used to determine the rate for a period to maturity not published.

If the rates (based on the Bloomberg Barclays US Aggregate Index Yield to Worst) are discontinued, or if we are unable to utilize them, or if the calculation is substantially changed, we may substitute another method of determining the rates and notify you at your last known address.

Effective Date

The rider's effective date is the date of issue of the annuity contract to which this rider is attached.

Market Value Adjustment

A Market Value Adjustment will be applied to any portion of a Surrender Request that is subject to a surrender charge and will be calculated as a separate adjustment that is in addition to any applicable surrender charge. A Market Value Adjustment will not be applied to any portion of a Surrender Request that is not subject to a surrender charge.

The Market Value Adjustment equals the Market Value Adjustment Factor multiplied by the greater of zero or (A – B), where:

- A is the account value withdrawn or applied to an annuity option, and
- B is an amount equal to that portion of the account value which can be withdrawn without surrender charge.

The Market Value Adjustment can be positive, negative, or zero. A positive Market Value Adjustment will decrease the annuity contract's surrender value, and a negative Market Value Adjustment will increase the surrender value. The Market Value Adjustment will not exceed the limitations as described in the Maximum Market Value Adjustment and Market Value Adjustment Limit provisions below.

Maximum Market Value Adjustment

Market Value Adjustments and surrender charges will not reduce the surrender value to an amount which is less than the minimum guaranteed surrender value.

If the Market Value Adjustment results in an increase to the surrender value, the amount of the increase will not be greater than the amount of the applicable surrender charge.

Market Value Adjustment Rider (Cont'd)

Market Value Adjustment Limit	<p>The Market Value Adjustment Limit is the largest amount (positive or negative) of a Market Value Adjustment that will apply to a Surrender Request. The Market Value Adjustment Limit is zero if the account value less the amount withdrawn without a surrender charge is less than or equal to zero.</p> <p>The Market Value Adjustment Limit equals $W \times$ (the lesser of A or B), where:</p> <ul style="list-style-type: none">• W is the greater of zero or (C / D), where:<ul style="list-style-type: none">• C is the gross withdrawal less the remaining amount not subject to a surrender charge for the policy/contract year, and• D is the account value less the remaining amount not subject to a surrender charge for the policy/contract year;• A is the account value minus the surrender charge applicable on full surrender minus the minimum guaranteed surrender value, but not less than zero; and• B is the surrender charge applicable on full surrender.
Rider Charge	There is no charge for this rider.
Nonparticipating	Dividends are not payable.
Rider Termination	This rider will end the earlier of: <ul style="list-style-type: none">• the day the annuity contract to which it is attached ends; or• the day the surrender charge percentage (shown on the contract's information page) for the annuity contract to which it is attached is equal to zero.

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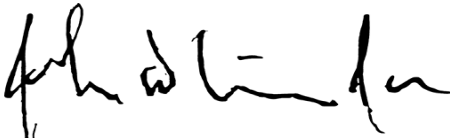
Market Value Adjustment Rider (Cont'd)

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Signed for the Company.

Fidelity & Guaranty Life Insurance Company



John D. Currier
President

SAMPLE CONTRACT

Home Health Care Rider

This rider is a part of the Contract to which it is attached. It is subject to the terms, conditions, and provisions contained in the Contract. The following new provisions are added to the Contract. This rider will supersede any conflicting provisions of the Contract.

Benefit

If You require Home Health Care Services and a partial or a full surrender of the Contract is made by You; no surrender charge will be deducted from the account value(s). The surrender value will equal the sum of the account value(s) of any options surrendered. If the minimum guaranteed surrender value is greater than the account value which was surrendered, the minimum guaranteed surrender value will be paid.

Definitions

Activities of Daily Living:

- Bathing: washing oneself by sponge bath or in either a tub or shower, including the tasks of getting into or out of the shower;
- Dressing: putting on and taking off all items of clothing and any required braces, fasteners, or artificial limbs;
- Transferring: moving into and out of a bed, chair or wheelchair;
- Toileting: getting to and from the toilet, getting on and off the toilet and performing related personal hygiene;
- Continence: ability to maintain control of bowel or bladder function or, when not able to maintain control of bowel or bladder function, ability to perform related personal hygiene (including caring for catheter or colostomy bag);
- Eating; feeding oneself by getting food into the body from a receptacle (such as a cup, plate, or table) or by feeding tube or intravenously.

Contract. When this rider is attached to a Certificate issued under a Group Contract, "Contract" herein means the Certificate. Otherwise, "Contract" may refer to either an individually issued Contract or Policy.

Home Health Care Agency. An agency licensed to primarily engage in providing Home Health Care Services under applicable state law. The agency has policies that are established by a group of professional personnel including a full time administrator and at least one physician and one registered nurse who maintains clinical records on all patients.

Home Health Care Services. Nursing care received in Your residence from a licensed Home Health Care Agency. Home Health Care services includes, but is not limited to, part-time and intermittent skilled nursing services, home health aid services, physical therapy, occupational therapy, or speech therapy and audiology services, and medical social services by a social worker. Home Health Care Services must be required due to Impairment in two (2) of the six (6) Activities of Daily Living.

Impaired/Impairment. The inability to perform two (2) of the six (6) Activities of Daily Living without the physical assistance of another person; or the presence of another person within arm's reach to prevent, by physical intervention, injury to You while performing the two (2) of the six (6) Activities of Daily Living. Impairment must be certified by a licensed Physician.

Physician. A doctor of medicine who is:

- Duly qualified;
- Licensed in the United States of America; and
- Performing within the scope of his or her license

A Physician must not be: You; the annuitant; the brother, sister, parent, spouse, or child of either You or the annuitant or any spouse of any of the above.

You, Your. The Owner of the Contract.

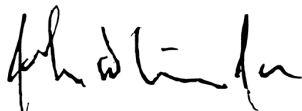
We, Our, Company. Fidelity & Guaranty Life Insurance Company

Home Health Care Rider (Cont'd)

Effective Date	This rider's effective date is the Contract's date of issue.
Written Request	<p>We will require a written request for the Benefit. A written request for the Benefit must be accompanied by documentation from Your attending Physician providing sufficient detail as to Your Impairment that requires Home Health Care services.</p> <p>We reserve the right to request documentation, at least annually, from Your attending Physician of Your continued inability to perform two (2) of six (6) Activities of Daily Living</p>
Home Health Care Conditions	<p>You qualify for this benefit if:</p> <ul style="list-style-type: none">• Home Health Care Services begin at least 1 year after the Contract date of issue;• Impairment in two (2) of the six (6) Activities of Daily Living has continued for at least 60 consecutive days;• The surrender is made while You are receiving Home Health Care Services;• Satisfactory written proof is received, at our home office, that You are unable to perform, at least two (2) of the (6) Activities of Daily Living and that Your Impairment requires need for Home Health Care Services; and• Impairment is expected to last 90 days from date of request.
Rider Charge	There is no charge for this rider.
Nonparticipating	Dividends are not payable.
Termination of Rider	The rider will terminate when the Contract ends.

Signed for the Company.

Fidelity & Guaranty Life Insurance Company



John D. Currier
President

Enhanced Guaranteed Minimum Withdrawal Benefit Rider

This rider is part of the Contract to which it is attached. It is subject to the terms, conditions, and provisions contained in the Contract. The provisions of this rider will supersede any conflicting provisions of the Contract.

Definitions

Accumulation Period. The period of time between the rider's effective date and the start of the Withdrawal Period.

Activities of Daily Living:

- Bathing: washing oneself by sponge-bath or in either a tub or shower, including the tasks of getting into or out of the shower;
- Dressing: putting on and taking off all items of clothing and any required braces, fasteners, or artificial limbs;
- Transferring: moving into and out of a bed, chair or wheelchair;
- Toileting: getting to and from the toilet, getting on and off the toilet and performing related personal hygiene;
- Continence: ability to maintain control of bowel or bladder function or, when not able to maintain control of bowel or bladder function, ability to perform related personal hygiene (including caring for catheter or colostomy bag);
- Eating: feeding oneself by getting food into the body from a receptacle (such as a cup, plate, or table) or by feeding tube or intravenously.

Contract. When this rider is attached to a Certificate issued under a group Contract, "Contract" herein means the Certificate. Otherwise, "Contract" may refer to any individually issued annuity Contract.

Cognitive Impairment. Deficiency in a person's short term or long term memory; orientation as to person, place, and time; deductive or abstract reasoning; or judgment as it relates to safety awareness. Impairment must be established by and reliably measured by a licensed Physician.

Excess Withdrawal. Any amount withdrawn in excess of the Guaranteed Withdrawal Payment or Enhanced Guaranteed Withdrawal Payment. An Excess Withdrawal will decrease the Income Base.

Enhanced Guaranteed Withdrawal Payment. Equals the Income Base multiplied by the applicable Guaranteed Withdrawal percentage, multiplied by the applicable Enhanced Multiplier shown on Your Contract information page in the event that You are Impaired and unable to perform two (2) of the six (6) Activities of Daily Living. The payment is established at the beginning of the Enhanced Guaranteed Withdrawal Benefit Withdrawal Period and changes at Step-up, and/or Excess Withdrawals, if You are no longer Impaired or if Your account value is less than or equal to zero (0).

If You are no longer Impaired or if Your account value is less than or equal to zero (0), Your Enhanced Guaranteed Withdrawal Payment amount will revert to the Guaranteed Withdrawal Benefit payment amount.

Guaranteed Withdrawal Payment. The maximum amount that can be withdrawn in a Contract year during the Withdrawal Period without causing a reduction in the Income Base. This amount is equal to the Income Base multiplied by the Guaranteed Withdrawal Percentage. The Guaranteed Withdrawal Payment is established at the beginning of the Withdrawal Period and changes only at Step-up or because of an Excess Withdrawal.

Guaranteed Withdrawal Percentage. A percentage shown on the Information page that is determined at the start of the Withdrawal Period and at Step-up and is based on the annuitant's age at the beginning of the Withdrawal Period or at Step-up.

Impaired/Impairment. The inability to perform two (2) of the six (6) Activities of Daily Living without the physical assistance of another person; or the presence of another person within arm's reach to prevent, by physical intervention, injury to the Annuitant while performing the two (2) of the six (6) Activities of Daily Living. Impairment must be certified by a licensed Physician.

Income Base. The value used to determine the Guaranteed Withdrawal Payment and the Rider Charge.

The Income Base is equal to the greater of the following:

Enhanced Guaranteed Minimum Withdrawal Benefit Rider (Cont'd)

- Initial premium plus any applicable Income Base Bonus or;
- Premiums paid in Contract year 1 growing up to the earlier of ten (10) years or age 85 or the withdrawal period begins, with compound interest at the Roll-up Rate shown on Your Contract Information page.

The Income Base will be adjusted proportionally for any withdrawals previously taken.

Income Base Bonus. A percentage of the initial premium that is included in the Income Base as additional interest. The percentage is shown in the Contract's Information page.

Physician. A doctor of medicine who is:

- Duly qualified;
- Licensed in the United States of America; and
- Performing within the scope of his or her license

A physician must not be: You, the brother, sister, parent, spouse, or child of You; or any spouse of any of the above.

Restart. After five (5) Contract years, provided the Owner is not older than age 85 and during the initial ten (10) year roll-up period, the Owner may elect to start a new ten (10) year roll-up period. Upon Restart, if the account value is greater than the Income Base, the Income Base is increased to equal the account value. Restart must occur on a Contract anniversary while the Contract is in the Accumulation Period.

Rider Withdrawal Payment. The amount the Owner elects to withdraw in a Contract year.

Roll-up Rate. The annual accrual rate of the Income Base during the Accumulation Period. The Income Base is guaranteed to roll-up at a specified interest rate for a roll-up period of ten (10) years, or age 85 or until withdrawals begin under the rider, if earlier. The Roll-up Rate may change upon Restart. The minimum guaranteed Roll-up Rate and the Roll-up Rate for the initial guarantee period are shown on the Contract's Information page.

Step-up. Occurs when the Income Base is increased to the account value. The Step-up is automatic and is available on the day the withdrawal period begins and on each Contract anniversary during the Withdrawal Period.

At Step-up the Guaranteed Withdrawal Payment or Enhanced Guaranteed Withdrawal Payment is recalculated and equals the stepped-up Income Base multiplied by the Guaranteed Withdrawal Percentage. At the time of Step-up, The Guaranteed Withdrawal Percentage will be based on the annuitant's age (younger annuitant in the case of joint annuitants) at the time of the Step-up.

Withdrawal Period. The period during which Rider Withdrawal Payments are made. At commencement of the Withdrawal Period, the Accumulation Period ends. Note that partial withdrawals made during the Accumulation Period per the Contract do not end the Accumulation Period. No additional premiums will be accepted once the Withdrawal Period begins.

You, Your. The Owner of the Contract. Owner and annuitant must be the same person unless the Owner is a non-natural person. Joint annuitants are not allowed on any Contract to which this rider is attached unless the joint annuitants are spouses and the Contract is structured to allow for spousal continuation. Annuitants may not be changed or added after the Withdrawal Period begins. If the Owner is a non-natural person, annuitants may not be changed at any time, except as provided in Spousal Continuation provision of the policy to which this rider is attached.

Effective Date

This rider takes effect on the same date as the Contract.

Benefit

This rider provides a guaranteed income while allowing the Owner access to the account value. Payments may be annually, semi-annually, quarterly or monthly and must be \$100 or larger. Rider Withdrawal Payments can begin once the Contract has been in force for at least one (1) year and the annuitant has attained age 50 (younger annuitant in the case of joint annuitants). Rider Withdrawal Payments can be made each Contract year. You may start and stop Rider Withdrawal Payments at any time. Rider Withdrawal Payments count towards any free partial withdrawals available under the Contract and reduce the account value.

Enhanced Guaranteed Minimum Withdrawal Benefit Rider (Cont'd)

If You and Your spouse are joint annuitants under the Contract, then the Guaranteed Withdrawal Percentage is based on the age of the younger annuitant and is determined from the Guaranteed Withdrawal Percentages shown on the Contract's Information page.

Enhanced Benefit

You qualify for this benefit if:

- Impairment begins at least one (1) year after the contract date of issue;
- The rider has been in force for three (3) years and the annuitant has attained age 60;
- No premiums may have been paid into the Contract for at least 3 years prior to the request for the Enhanced Benefit;
- The annuitant is a U.S. resident on the date we approve the benefit;
- Satisfactory written proof is received, at our home office, that the annuitant is unable to perform, at least two (2) of the six (6) Activities of Daily Living and that the annuitant's Impairment requires an appropriately licensed professional to provide care related to the Impairment; and
- The situation is expected to be permanent.

If you are receiving payments under the Guaranteed Minimum Withdrawal Benefit, upon meeting the eligibility criteria of the Enhanced Guaranteed Minimum Withdrawal Benefit, Your payments amounts will change to the Enhanced Guaranteed Minimum Withdrawal Payment.

Written Request

We will require a written request for the Enhanced Benefit. A written request for the Enhanced Benefit must be accompanied by documentation from the annuitant's attending Physician providing sufficient detail as to the annuitants Impairment.

We reserve the right to request documentation, as least annually, from the annuitant's attending Physician of the annuitants continued inability to perform two (2) of six (6) Activities of Daily Living.

Excess Withdrawal

If the Rider Withdrawal Payments for the Contract year exceed the Guaranteed Withdrawal Payment or the Enhanced Guaranteed Withdrawal Payment. The Excess Withdrawal amount equals the excess of the Rider Withdrawal Payments over the Guaranteed Withdrawal Payment or Enhanced Guaranteed Withdrawal Payment available for the Contract year.

The Income Base is reduced due to Excess Withdrawals. The reduced Income Base will equal the Income Base multiplied by the difference of one and the reduction percentage. The reduction percentage equals the ratio of the Excess Withdrawal to the account value before the Excess Withdrawal.

Required minimum distributions attributable to the Contract and in excess of the Guaranteed Withdrawal Payment will not be considered Excess Withdrawals.

Restart

At Restart, if the account value is greater than the Income Base, the Income Base is increased to equal the account value. The rider charge percentage and the Roll-up Rate may change. A Restart may not occur until after five (5) Contract years from the start of the initial roll-up period and must occur on a Contract anniversary prior to the end of the 10th Contract year. Only one Restart is allowed.

Decrease in Income Base

During the Accumulation Period the Contract's Income Base will be reduced if a partial withdrawal is taken.

The Income Base after a partial withdrawal will equal the Income Base multiplied by the partial withdrawal adjustment.

The partial withdrawal adjustment equals the ratio of the account value immediately after the partial withdrawal to the account value immediately before the partial withdrawal.

Withdrawal Period

The Withdrawal Period begins when the Owner elects to take Rider Withdrawal Payments. When the Withdrawal Period begins, the Accumulation Period ends and cannot be reinstated.

Enhanced Guaranteed Minimum Withdrawal Benefit Rider (Cont'd)

Termination of Rider This rider terminates upon the earliest of: Contract termination; annuitization; receipt of due proof of death of the first Owner to die (or death of the annuitant or joint annuitant, if a non-natural person is the Owner) except as provided under Spousal Continuation below; and transfer of ownership and the date You request this rider be terminated.

You may request to terminate this rider after it has been in effect for at least 10 years. When this rider terminates rider charges will cease.

Other than as described in Contract Maturity, this rider has no surrender value or other non-forfeiture benefit upon termination.

Rider Charge The charge for this rider is equal to the rider charge percentage shown on your Contract's Information page, multiplied by the Income Base on the Contract anniversary. The rider charge percentage may change upon Restart.

Contract Maturity When the Contract reaches the maximum Maturity Date permitted under the Contract, the Owner has the following options:

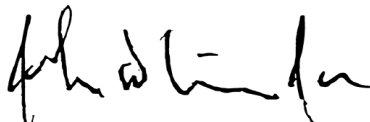
- The Owner may elect income for life with no guaranteed period, based on the life of the annuitant(s) upon whose life Guaranteed Withdrawal Payments were based, such that the annuity payment amount is the greater of the annuity payment amount that would be provided under the base Contract for that annuitization option, and the Guaranteed Withdrawal Payment. If the rider is in the Accumulation Period, the Guaranteed Withdrawal Payment will be equal to the Income Base multiplied by the Guaranteed Withdrawal Percentage. Upon the date of death of the annuitant, all payments cease.
- The Owner may choose another annuity option per the Contract, and the annuity payment amount will be based on the Contract's account value at the time of annuitization.

Spousal Continuation This rider will terminate in the event of spousal continuation except as provided in this provision. If the Contract to which this rider is attached permits Spousal Continuation, where the Owner is a non-natural person, references to "Owner" include "annuitant." If the rider is in the Accumulation Period on the date of the original Owner's death, this rider will continue if the original Owner's spouse continues the Contract. Annuitant(s) must be designated as permitted in the definition of "You." If the rider is in the Withdrawal Period on the date of the original Owner's death, this rider will continue if 1) the original Owner's spouse continues the Contract and 2) the original Owner's spouse was a joint annuitant at the time of the Owner's death. The Guaranteed Withdrawal Percentage will continue to be based on the same annuitant's age as it was at the time of the Owner's death and will increase upon Step-up.

Nonparticipating Dividends are not payable.

Signed for the Company

Fidelity & Guaranty Life Insurance Company



John D. Currier

President

INDIVIDUAL RETIREMENT ANNUITY RIDER

Application of this Rider

This Rider is attached to an annuity contract or a certificate under a group annuity contract (the "Contract"). The Contract may be issued with the Rider to (1) the individual for whose benefit the Contract is maintained as an individual retirement annuity ("IRA") described in section 408(b) of the Internal Revenue Code of 1986, as amended (the "Code"), or (2) the trustee or custodian of an individual retirement account ("IRA account") described in section 408(a) of the Code that is maintained for the benefit of an individual.

The Contact When Held by an IRA Account

When the Contract is held by an IRA account, the Owner of the Contract is the trustee or custodian of the IRA account and the Contract is subject to the provisions of the IRA account. In such case, the provisions of the Contract relating to how any entire remaining interest in the Contract is to be distributed after the death of an Owner or an Annuitant do not apply. Instead, the provisions of the IRA account govern such distributions. In addition, the remaining provisions of this Rider do not apply to the Contract when it is held by an IRA account. Instead, the provisions of the trust or custodial agreement governing the IRA account apply. Fidelity & Guaranty Life Insurance Company (the "Company") shall not be responsible for the federal income tax treatment of the IRA account or the Contract when issued to such an IRA account.

The Contract as an IRA Annuity Contract

The remaining terms of this Rider apply if the Contract is issued as an IRA.

The Contract is amended as specified below to qualify as an IRA under Code section 408(b). All the provisions of the Contract and this Rider shall be interpreted in accordance with Code sections 408(b) and 401(a)(9) and the Income Tax Regulations thereunder. Where the provisions of the Rider are inconsistent with the provisions of the Contract, including the provisions of any other endorsements or riders issued with the Contract, the provisions of this Rider will control.

The Company reserves the right to amend this Rider with or without your consent in order to comply with any changes in the Code, regulations issued thereunder, and administrative rulings. The Company will give you notice of any such amendments.

Whenever this Rider or the Contract refers to a section of the Code or a regulation promulgated under the Code, such reference includes any amended or successor section or regulation.

The Owner shall comply with the terms of this Rider and applicable tax law to prevent loss of the advantages of tax deferral and to prevent tax penalties.

I. Owner and Annuitant

The Owner must be a natural person who is the sole Owner of the Contract and the Annuitant. A joint Owner cannot be named.

A second Annuitant may be named in addition to you, the Owner and Annuitant, (as either a joint or contingent annuitant) if otherwise provided for in the Contract.

Except as otherwise permitted under the section V.C of this Rider or as otherwise permitted under applicable federal tax law, neither the Owner nor the Annuitant may be changed.

This Contract is established for the exclusive benefit of the Owner or the Owner's beneficiaries. If this is an inherited IRA (within the meaning of Code section 408(d)(3)(C)) maintained for the benefit of a designated beneficiary of a deceased individual, (1) references in this document to the "Owner" are to the deceased individual, and (2) the designated beneficiary must be the Annuitant.

INDIVIDUAL RETIREMENT ANNUITY RIDER (Continued)

II. SEP IRA

If the Contract is issued in connection with a Simplified Employee Pension ("SEP") described in Code section 408(k), the method of calculating annuity payments and benefits under the Contract are to be based on unisex rates, and any references to sex or gender (with regard to rates and benefits) in the Contract are disregarded.

III. Nontransferable and Nonforfeitable

The Owner's interest in the Contract is nontransferable and, except as provided by law, is nonforfeitable. In particular, the Contract may not be sold, assigned, discounted or pledged as collateral for a loan or as security for the performance of any obligation or for any other purpose, to any person other than the Company (other than a transfer incident to a divorce or separation instrument in accordance with Code section 408(d)(6)). No loans may be made under this Contract.

IV. Contribution Limits

Depending on the terms of the Contract, it may permit only a single premium, or it may permit flexible premiums. Unless otherwise provided by applicable federal tax law:

- A. Except in the case of a rollover contribution (as permitted by Code sections 402(c), 402(e)(6), 403(a)(4), 403(b)(8), 403(b)(10), 408(d)(3) or 457(e)(16)), a non-taxable transfer from an individual retirement plan under Code section 7701(a)(37), or in the case of a Contract that permits flexible premiums, a contribution made in accordance with the terms of a SEP, no contribution will be accepted unless it is in cash.
1. The total cash contribution shall not exceed the limit in Code 219(b)(1). For any taxable year beginning in 2008 and years thereafter, the limit is \$5,000. After 2008, the annual cash contribution limit will be adjusted by the Secretary of the Treasury for cost-of-living increases under Code section 219(b)(5)(C). Such adjustments will be in multiples of \$500.
 2. In the case of an Owner who is age 50 or older, the annual cash contribution limit is increased by \$1,000 for any taxable year beginning in 2006 and years thereafter.
 3. In addition to the amounts described in this subsection A, the Owner may make additional contributions (if permitted under the Contract) that are specifically authorized by statute, such as repayments of qualified reservist distributions and repayments of certain plan distributions made on account of a federally declared disaster.
- B. No contribution will be accepted under a SIMPLE IRA plan established by any employer pursuant to Code section 408(p). Also, no transfer or rollover of funds attributable to contributions made by a particular employer under its SIMPLE IRA plan will be accepted from a SIMPLE IRA, that is, an IRA used in conjunction with a SIMPLE IRA plan, prior to the expiration of the 2-year period beginning on the date the Owner first participated in that employer's SIMPLE IRA plan.
- C. If this is an inherited IRA, no contribution will be accepted other than a contribution that is in the form of a direct rollover from an eligible retirement plan of a deceased individual that is permitted under Code section 402(c)(11) or a nontaxable transfer from an individual retirement plan (as defined in Code section 7701(a)(37)) of a deceased individual.

V. Required Minimum

- A. Notwithstanding any provision of the Contract to the contrary, the distribution

INDIVIDUAL RETIREMENT ANNUITY RIDER (Continued)

Distributions

of the entire interest in the Contract shall be made in accordance with the minimum distribution requirements of Code sections 401(a)(9) and 408(b)(3) and the Income Tax Regulations thereunder, the provisions of which are herein incorporated by reference.

B. Distributions during the Owner's life.

1. While the Owner is alive, the Owner's entire interest in the Contract will commence to be distributed no later than the required beginning date over (1) the life of the Owner or the lives of the Owner and his or her designated beneficiary, or (2) a period not extending beyond the life expectancy of the Owner or the joint and last survivor expectancy of the Owner and his or her designated beneficiary.
2. Prior to the date that the Contract is annuitized, the amount to be distributed for each calendar year, beginning with the calendar year in which the Owner attains age 72 (or age 70½ if the Owner was born on or before June 30, 1949) and continuing through the calendar year of death, shall not be less than the quotient obtained by dividing the entire interest in the Contract as of the end of the preceding year by the distribution period in the Uniform Lifetime Table in Q&A-2 of section 1.401(a)(9)-9 of the Income Tax Regulations, using the Owner's age as of his or her birthday in the year. However, if the Owner's sole designated beneficiary is his or her surviving spouse and such spouse is more than 10 years younger than the Owner, then the distribution period is determined under the Joint and Last Survivor Table in Q&A-3 of section 1.401(a)(9)-9, using the ages as of the Owner's and spouse's birthdays in the year.
3. If distributions are made in the form of an annuity, the distribution periods described in section V.B.1 of this Rider may not exceed the periods specified in section 1.401(a)(9)-6 of the Income Tax Regulations (except as otherwise provided by applicable federal tax law), and the annuity payments must otherwise comply with the requirements of that section. (See section V.D of this Rider for other special rules for annuities.)
4. The Owner may take a required minimum distribution with respect to this Contract (other than a distribution made under this Contract in the form of annuity) from any one or more IRAs that the Owner holds as the owner.
5. If this is an inherited IRA, this section V.B of this Rider does not apply.

C. Distributions after the Owner's death.

1. If the Owner dies before the distribution of the Owner's entire interest and the beneficiary is a designated beneficiary –
 - a. In general. Subject to the exception for an eligible designated beneficiary in subparagraph b, the entire interest will be distributed (in accordance with applicable federal tax law) by the end of the calendar year containing the tenth anniversary of the Owner's death.
 - b. Exception for eligible designated beneficiaries. If any portion of the Owner's interest is payable to (or for the benefit of) an eligible designated beneficiary, such portion will be distributed (in accordance with applicable federal tax law) –

INDIVIDUAL RETIREMENT ANNUITY RIDER (Continued)

- i. over the life of such eligible designated beneficiary, or over a period not extending beyond the life expectancy of such eligible designated beneficiary, starting no later than the end of the calendar year following the calendar year of the Owner's death (or the end of the calendar year in which the Owner would have attained age 72 (or age 70½ if the Owner was born on or before June 30, 1949), if later and the eligible designated beneficiary is the surviving spouse of the Owner), or
 - ii. by the end of the calendar year containing the tenth anniversary of the Owner's death.
 - c. Rules upon death of an eligible designated beneficiary.
 - i. If an eligible designated beneficiary dies before the portion of the Owner's interest to which this paragraph 1 applies is entirely distributed, the exception under subparagraph b.i shall not apply to any beneficiary of such eligible designated beneficiary and the remainder of such portion shall be distributed within 10 years after the death of such eligible designated beneficiary.
 - ii. If the eligible designated beneficiary is the surviving spouse of the Owner and the surviving spouse dies before distributions to such spouse under subparagraph b.i begin, this paragraph 1 shall be applied as if the surviving spouse were the Owner.
 - d. If annuity payments commence while the Owner or designated beneficiary is alive, the annuity payments may need to be modified after the death of the Owner or designated beneficiary, as necessary to comply with this paragraph 1.
2. Application of paragraph 1. Except as otherwise provided under applicable federal tax law –
 - a. paragraph 1 shall apply to distributions with respect to an Owner who dies after December 31, 2019, and
 - b. if the Owner dies before January 1, 2020, and such Owner's designated beneficiary dies after such date, the entire remaining interest in the Contract shall be distributed by the end of the calendar year containing the tenth anniversary of such designated beneficiary's death.
3. If the Owner dies before the distribution of the Owner's entire interest and the beneficiary is not a designated beneficiary, the remaining interest will be distributed as follows –
 - a. If the Owner dies on or after the required beginning date (or dies on or after the date annuity payments commence if distributions commence prior to the required beginning date in the form of an annuity in accordance with the provisions of Q&A-1 of section 1.401(a)(9)-6 of the Income Tax Regulations), the remaining interest will be distributed in accordance with Code section 401(a)(9) and the Income Tax Regulations thereunder at least as rapidly as under the method of distributions being used as of the date of the Owner's death.

INDIVIDUAL RETIREMENT ANNUITY RIDER (Continued)

- b. If the Owner dies prior to the required beginning date (and prior to the date annuity payments commence) the remaining interest will be distributed by the end of the calendar year containing the fifth anniversary of the Owner's death unless otherwise provided under applicable federal tax law.
4. Life expectancy is determined using the Single Life Table in Q&A-1 of section 1.401(a)(9)-9 of the Income Tax Regulations. If distributions are being made to a surviving spouse as the sole designated beneficiary, such spouse's remaining life expectancy for a year is the number in the Single Life Table corresponding to such spouse's age in the year. In all other cases, remaining life expectancy for a year is the number in the Single Life Table corresponding to the beneficiary's age as of his or her birthday in the year following the year of the Owner's death and reduced by 1 for each subsequent year. If distributions are being made in the form of an annuity, life expectancy will not be recalculated.
5. The required minimum distributions payable to a designated beneficiary from this Contract (other than a distribution made under this Contract in the form of annuity) may be withdrawn from another IRA the beneficiary holds from the same decedent in accordance with Q&A-9 of section 1.408-8 of the Income Tax Regulations.
6. The surviving spouse of the Owner who is the sole beneficiary and has an unlimited right to withdraw amounts may elect to treat this Contract as the spouse's own IRA. This election can be made by redesignating the Contract in the name of the surviving spouse as the owner rather than as beneficiary. Alternatively, the surviving spouse who is eligible to make the election is deemed to have made the election if, at any time, such surviving spouse makes a contribution to the IRA or fails to take required distributions as a beneficiary.

VI. Definitions and Special Rules

- A. Required beginning date. The term "required beginning date" means the first day of April following the calendar year in which the Owner for whose benefit the Contract is maintained attains age 72 (or attains age 70½ in the case of an Owner who was born on or before June 30, 1949).
- B. Designated beneficiary. The term "designated beneficiary" means any individual designated as a beneficiary by the Owner. This term will be interpreted consistently with Code section 401(a)(9)(E) and the Income Tax Regulations.
- C. Eligible designated beneficiary.
 1. The term "eligible designated beneficiary" means, with respect to any Owner, any designated beneficiary who is —
 - a. the surviving spouse of the Owner,
 - b. subject to paragraph 2, a child of the Owner who has not reached majority (within the meaning of Code section 401(a)(9)(F)),
 - c. disabled (within the meaning of Code section 72(m)(7)),
 - d. a chronically ill individual (within the meaning of Code section 7702B(c)(2), except that the requirements of subparagraph (A)(i) thereof shall be treated as met only if there is a certification that, as of such date,

INDIVIDUAL RETIREMENT ANNUITY RIDER (Continued)

the period of inability described in such subparagraph with respect to the individual is an indefinite one which is reasonably expected to be lengthy in nature), or

- e. an individual not described in any of the preceding clauses of this paragraph 1 who is not more than 10 years younger than the Owner.

The determination of whether a designated beneficiary is an eligible designated beneficiary shall be made as of the date of death of the Owner.

- 2. Special rule for children. Subject to Code section 401(a)(9)(F), an individual described in paragraph 1.b shall cease to be an eligible designated beneficiary as of the date the individual reaches majority and any remainder of the portion of the individual's interest to which subparagraph b.i of section V.C.1 of this Rider applies shall be distributed within 10 years after such date.
- D. Special rules for annuities. Unless otherwise provided under applicable federal tax law –
- 1. Distributions in the form of an annuity must satisfy the applicable requirements of section 1.401(a)(9)-6 of the Income Tax Regulations, the provisions of which are herein incorporated by reference.
 - 2. Distribution made in the form annuity payments must be made in periodic payments and the interval between payments for the annuity must be uniform over the entire distribution period and must not exceed one year.
 - 3. Annuity payments must satisfy the minimum distribution incidental benefit requirements in Q&A-2 of section 1.401(a)(9)-6 of the Income Tax Regulations.
 - 4. Annuity payments must be nonincreasing or increase only as permitted by Q&A-14 of section 1.401(a)(9)-6 of the Income Tax Regulations.
 - 5. If distributions (including distributions commencing on or before the required beginning date while the Owner is alive) are made in the form of an annuity, the first annuity payment must be the payment which is required for one payment interval. The second payment need not be made until the end of the next payment interval even if that payment interval ends in the next calendar year. Similarly, in the case of distributions commencing after death in accordance with Code section 401(a)(9)(B)(iii) and (iv), the first payment, which must be made on or before the date determined under A-3(a) or (b) (whichever is applicable) of section 1.401(a)(9)-3 of the Income the Regulations, must be the payment which is required for one payment interval. Payment intervals are the periods for which payments are received, e.g., bimonthly, monthly, semi-annually, or annually.
 - 6. If all or a portion of an individual account (including a deferred annuity contract prior to the date the contract is annuitized) is used to purchase an annuity after distributions are required to commence (the required beginning date in the case of distributions commencing before death, or the date determined under Q&A-3 of section 1.401(a)(9)-3 of the Income Tax Regulations in the case of distributions commencing after death), payments under the annuity, and distributions of any remaining account, must be made in accordance with Q&A-1(e) of section 1.401(a)(9)-5 of the Income Tax Regulations.

INDIVIDUAL RETIREMENT ANNUITY RIDER *(Continued)*

7. Prior to the date annuity payments commence, the "entire interest" under an annuity contract is the dollar amount credited to the owner or beneficiary under the contract plus the actuarial present value of any additional benefits (such as survivor benefits in excess of the dollar amount credited to the owner or beneficiary) that will be provided under the contract.

VII. Withdrawals

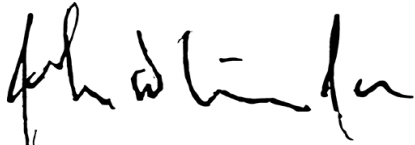
Withdrawals may be made in accordance with the terms of the Contract, but the Owner must pay any applicable withdrawal or surrender charges. Contract provisions which limit or prohibit withdrawals until a minimum period of time has elapsed since the Contract's Date of Issue will be waived if the Contract is used for employer contributions to a SEP.

VIII. Reports

The Company shall furnish annual calendar year reports concerning the status of the Contract and such information concerning required minimum distributions as is prescribed by the Commissioner of Internal Revenue.

Signed for the Company.

Fidelity & Guaranty Life Insurance Company



John D. Carrier
President

SAMPLE CONTRACT