



Optima & International Growth 29 July 2010

	% Market Value	
	Optima	LIG
Investments		
BGF US Flexible Equity	12.96	11.45
Blackrock Gold & General	6.16	8.75
Fidelity Emerging Markets	2.41	7.26
AHL Diversified Futures	9.89	6.95
JF ASEAN	8.14	6.78
Neptune Russia	2.18	6.57
Ignis Argonaut European Alpha	7.88	6.56
JF India	7.87	6.55
Thames River Property	8.08	3.58
Investec Managed Currency	10.30	0.00
 Cash	 24.13	 35.55
Total	100.00	100.00

Source: Friends Provident International