Product Guide

Rates effective May 11, 2020



	Performan	ce Elite 10
Premium Bonus	Base	Plus
Annual Rider Charge Rate	N/A	0.95%
Most states: AL, AZ, AR, CO, DC, FL (issue ages 0-64), GA, HI, ID, IL, IA, IN, KS, KY, LA, MA, ME, MI, MO, MS, MT, NE, NH, NM, NC, ND, RI, SD, TN, VT, VA, WV, WI, WY	4%	10%
AK, CT, DE, MN, NJ, NV, OH, OK, OR, PA, SC, UT, TX, WA	3%	8%
CA	2%	7%
FL (issue ages 65-78), MD	3%	9%
Interest Crediting Rates		
Annual Strategy Charge Rate		1.75%
Multi-Asset (No Cap)		
BNP Paribas Multi Asset Diversified 5 Index ¹ – Point-to-Point Index Strategy		
2-Year (Participation Rate) With Charge		185%
2-Year (Participation Rate)		90%
1-Year (Participation Rate) With Charge 1-Year (Participation Rate)		135% 65%
Equity (No Cap)		0376
Nasdag FC Index ^{1, 2} – Point-to-Point Index Strategy		
2-Year (Participation Rate) With Charge		135%
2-Year (Participation Rate)		70%
1-Year (Participation Rate) With Charge		100%
1-Year (Participation Rate)	_	55%
Al Powered US Equity Index ¹ – Point-to-Point Index Strategy		/
2-Year (Participation Rate) With Charge		155% 80%
2-Year (Participation Rate) 1-Year (Participation Rate) With Charge		120%
1-Year (Participation Rate)		60%
S&P 500 Daily Risk Control 2 8%™ Index TR (Total Return)¹ – Point-to-Point Index Strategy		
2-Year (Participation Rate) With Charge		90%
2-Year (Participation Rate)		40%
1-Year (Participation Rate) With Charge		70%
1-Year (Participation Rate)		30%
Equity (Cap) SS.P. 500® Point to Point Index Strategy		
S&P 500® – Point-to-Point Index Strategy		7.00%
1-year (Cap) With Charge 1-year (Cap)		7.00% 3.50%
Fixed		
Fixed Account with 1-Year Guarantee		1.40%
Withdrawal Charge Duration	1	0 years
This material is provided by Athene Annuity and Life Company (61689) headquartered in West Des Moines, Iowa, which issue	es annuities in 4	9 states (excluding NY

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Athene Performance Elite 10 Ownership Qualified³ – must be single ownership Nonqualified – joint ownership available Premiums (Single premium only) Minimum – \$10,000 (\$5,000 in CT, MN, NJ, OH, OR, PA, TX, UT, WA) Maximum – \$1,000,000 Withdrawal Charge Rate Schedule⁴ Chart A

Chart A: AL, AZ, AR, CO, DC, FL (ages 0-64), GA, HI, ID, IL, IN, IA, KS, KY, LA, ME, MA, MI, MS, MO, MT, NE, NH, NM, NC, ND, RI, SD, TN, VT, VA, WV, WI, WY

Chart B: AK, CT, DE, MN, NV, NJ, OH, OK, OR, PA, SC, TX, UT, WA

Chart C: FL (ages 65-78) & MD

Chart D: CA

Contract Yr	1	2	3	4	5	6	7	8	9	10	11+
Charge %	12%	12%	12%	11%	10%	9%	8%	7%	6%	4%	0%

Chart B

Contract Yr	1	2	3	4	5	6	7	8	9	10	11+
Charge %	8.3%	8.0%	7.1%	6.2%	5.3%	4.4%	3.5%	2.6%	1.6%	0.9%	0%

Chart C

Contract Yr	1	2	3	4	5	6	7	8	9	10	11+
Charge %	10%	10%	10%	10%	9%	8%	7%	6%	5%	4%	0%

Chart D

Contract Yr	1	2	3	4	5	6	7	8	9	10+
Charge %	8.3%	7.8%	6.7%	5.6%	4.5%	3.4%	2.3%	1.2%	0.1%	0%

Please reference left column for applicable states.

A Withdrawal Charge in accordance with this schedule will apply to surrenders or amounts withdrawn in excess of the Free Withdrawal amount.

Market Value Adjustment

(Not applicable in MD & MO)

A Market Value Adjustment applies to surrenders or withdrawals in excess of the Free Withdrawal amount during the withdrawal charge period.

Premium Bonus Vesting Percentage Schedule

*Applied to surrenders or withdrawals in excess of the Free Withdrawal amount.

Chart A: AL, AZ, AR, CO, DC, FL (ages 0-64), GA, HI, ID, IL, IN, IA, KS, KY, LA, ME, MA, MI, MS, MO, MT, NE, NH, NM, NC, ND, RI, SD, TN, VT, VA, WV, WI, WY

Chart B: AK, CT, DE, MN, NV, NJ, OH, OK, OR, PA, SC, TX, UT, WA

Chart C: FL (ages 65-78) & MD

Chart D: CA

Chart A

Contract Yr	1	2	3	4	5	6	7	8	9	10	11+
Charge %	0%	0%	0%	0%	0%	0%	20%	40%	60%	80%	100%

Chart B

Contract Yr	1	2	3	4	5	6	7	8	9	10	11+
Charge %	0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%

Chart C

Contract Yr	1	2	3	4	5	6	7	8	9	10	11+
Charge %	0%	0%	0%	0%	0%	0%	20%	40%	60%	80%	100%

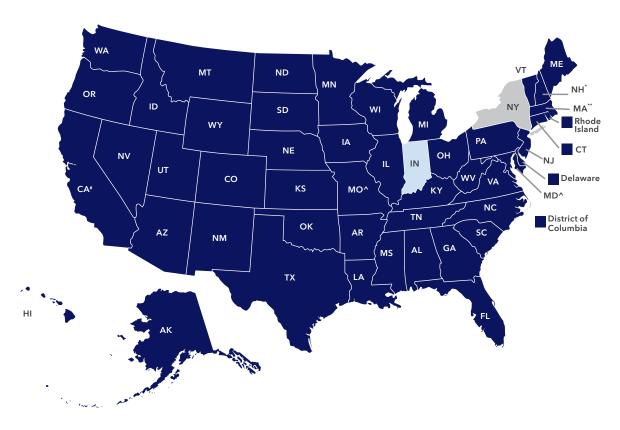
Chart D

Contract Yr	1	2	3	4	5	6	7	8	9	10+	
Charge %	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	1

Please reference left column for applicable states.

This schedule shows the percentage of the Premium Bonus that is vested each Contract Year. It applies only to surrenders and withdrawals in excess of the Free Withdrawal amount.

	Athene Performance Elite 10	Athene Performance Elite 10 Plus						
Free Withdrawal Percentage Schedule ⁴	Y1 Y2+ Plus Y1 Plus Y2+ 0% 5% 10% 10%	The Free Withdrawal amount is calculated by applying the percentage shown to the Accumulated Value as of the previous contract anniversary.						
Strategy Charge (Not available on the Fixed Strategy)	Strategy charge options offer higher Cap a calculated by multiplying the Strategy Value Strategy Charge Rate on each contract ann deducted from the applicable Strategy Value Charge Rate is set at contract issue and gua new Annual Strategy Charge Rate will be de	e of the associated Strategy and an Annual iversary. A portion of that charge (1/12th) is ue each month. The Initial Annual Strategy						
Strategy Charge Credit	the Withdrawal Charge Period, if the sum o	added to the Accumulated Value at the end of f all strategy charges applied, minus the sum withdrawals subject to a Withdrawal Charge redit will not be applied.						
Terminal Illness Waiver ⁵ (Not available in CA)	You can withdraw up to 100% of your annui with a Terminal Illness that is expected to re the eligibility requirements. This waiver is a You may not be diagnosed during the first (esult in death within one year and you meet vailable after your first Contract Anniversary.						
Confinement Waiver ⁵ (Not available in CA & MA)	Value if you've been confined to a Qualified	raw up to 100% of your annuity's Accumulated defeated facility for at least 60 consecutive days cannot be confined at the time the contract is st one year after the Contract Date.						
Death Benefit ⁶	Greatest of (i) Accumulated Value with no so Guaranteed Contract Value or (iii) the Retur							
Enhanced Free Withdrawals (Plus only)	The free withdrawal amount is increased to as the first contract year. If no withdrawals a Accumulated Value is available for withdraw	are taken in a given year, up to 20% of the						
Return of Premium (Plus only)	After the fourth contract year, the Cash Sur the premium minus premium taxes (if appli Withdrawal Charges, Premium Bonus Vesti (if applicable) on those withdrawals.							
Enhanced Annuitization ⁷ (Not Available in CA or FL) (Plus only)	After the seventh contract year, you may elect to surrender your contract and apply the Accumulated Value to one of five settlement options. No Withdrawal Charges, Premiur Bonus Vesting Adjustments or Market Value Adjustments will apply upon election of this feature, provided one of the Settlement Options is elected and annuity payments commence. Please refer to the Certificate of Disclosure for specific settlement options.							
Annual Liquidity Rider Charge Rate (Plus only)	0.95% charge deducted from the Accumulated Value during the Rider Charge Period (same duration as the Withdrawal Charge period). The Charge is assessed upon the following: (i) end of each contract year; (ii) when a withdrawal is taken; (iii) on the Annui Date; (iv) upon surrender; (v) upon the date of proof of death. The rider may not be terminated during the Withdrawal Charge period.							



State Availability



- ^ No MVA in MD & MO
- * Two-year strategies not available in NH
- ** Confinement Waiver not available in MA.
- *Confinement and Terminal Illness Waivers not available in CA.
- ¹ Because the index applies a volatility control mechanism, the range of both the positive and negative performance of the index is limited.
- ² The Index features a performance control mechanism that limits its maximum growth potential within any given month. Consumers may therefore forgo part of the growth of the Index if it rises beyond this limit within a month.
- ³ Under current tax law, the Internal Revenue Code already provides tax deferral to qualified contracts, such as IRAs, so there is no additional tax benefit obtained by funding a qualified contract with an annuity; consider the other benefits provided by an annuity, such as lifetime income and a Death Benefit.
- ⁴ Withdrawals prior to age 59½ may be subject to a 10% IRS penalty.
- ⁵This benefit is NOT long-term care insurance nor is it a substitute for such coverage. Limitations, variations and exclusions apply. Please see the Certificate of Disclosure for more information.
- ⁶ After annuitization, payments will be consistent with the settlement option selected.
- ⁷ In MD, Performance Elite 10 allows Enhanced Annuitization after the sixth Contract Year.

Guarantees provided by annuities are subject to the financial strength and claims paying ability of the issuing insurance company.

Fixed indexed annuities are not stock market investments and do not directly participate in any stock or equity investments. Market indices may not include dividends paid on the underlying stocks, and therefore may not reflect the total return of the underlying stocks; neither an Index nor any market-indexed annuity is comparable to a direct investment in the equity markets.

Index Crediting strategies may be added or eliminated at the company's discretion and may not be available in all states. If a strategy is eliminated, its value will be reallocated to the Fixed Strategy. Please refer to the Product Guide for additional details and available index options.

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