

MFS Regatta Flex II Variable Annuity Performance Results through 08/31/2010

Underlying Investment Options Average Annual

Compound Annual Rate of Return through 08/31/2010

Net Investment Surrender Charges(1)

Including Surrender Charges(2)

MFS Underlying Investment Option	Inception Date	1	2	3	4	5	6	7	8	9	10	11	12
MFS Bond Portfolio S Class	11/14/86	-4.66	3.85	-8.74	-1.97	-2.91	6.01	-3.75	-2.07	-3.04	5.96		
MFS Bond Portfolio S Class	05/05/98	8.25	13.42	6.65	4.42	5.31	4.86	5.32	4.33	5.23	4.77		
MFS Growth Equity Portfolio S Class	05/12/97	-5.09	4.48	-8.79	-1.65	-1.76	1.78	-3.17	-1.74	-1.88	1.70		
MFS Mid-Cap Growth Markets Equity Portfolio S Class	06/05/96	1.47	18.46	-4.80	7.96	9.53	6.72	10.36	7.89	9.45	6.64		
MFS Global Governments Portfolio S Class	05/16/88	3.65	4.24	6.43	3.86	5.39	5.00	-3.39	3.76	5.31	4.94		
MFS Global Growth Portfolio S Class(e)	11/16/93	-9.41	1.26	-7.54	0.42	-1.70	5.36	-6.13	0.33	-1.83	5.31		
MFS Global Research Portfolio (Service Class)(e)	11/07/94	-8.07	-0.08	-7.89	-1.56	-4.49	4.69	-7.37	-1.65	-4.64	4.63		
MFS Global Tactical Allocation Portfolio - S Class	11/07/94	-0.16	3.35	-1.00	3.14	4.04	6.56	-4.21	3.05	3.95	6.50		
MFS Government Securities Portfolio S Class	06/12/85	5.45	5.58	6.04	4.20	4.32	5.43	-2.16	4.10	4.23	5.38		
MFS Growth Portfolio S Class(e)	05/01/95	-8.78	2.93	-6.57	0.35	-7.35	4.41	-4.60	0.26	-7.56	4.35		
MFS High Yield Portfolio S Class	06/12/85	7.30	19.07	3.47	3.43	3.66	5.73	10.97	3.34	3.57	5.68		
MFS International Growth Portfolio S Class	06/03/96	-4.93	4.77	-6.86	3.20	2.69	3.31	-2.90	3.12	2.60	3.22		
MFS International Value Portfolio S Class	10/02/95	-6.31	-2.35	-7.67	1.99	3.67	5.40	-9.45	1.91	3.58	5.33		
MFS Massachusetts Investors Growth Stock Portfolio S Class	05/06/98	-10.24	1.08	-7.57	-1.85	-6.37	-0.71	-6.30	-1.95	-6.55	-0.82		
MFS Mid Cap Growth Portfolio S Class	08/31/00	-0.75	11.45	-12.67	-5.77	-8.86	-8.86	3.35	-5.88	-9.06	-9.06		
MFS Money Market Portfolio S Class(b)	08/29/85	-0.97	-1.45	-0.38	0.85	0.57	2.44	-8.63	0.76	0.47	2.37		
MFS New Discovery Portfolio S Class(e)	05/06/98	1.41	15.90	-2.48	1.88	-1.80	3.71	7.80	1.78	-1.94	3.63		
MFS Research International Portfolio S Class	05/05/98	-7.95	-1.04	-11.09	0.45	0.81	3.42	-8.25	0.37	0.71	3.34		
MFS Strategic Income Portfolio S Class	05/06/98	7.09	12.94	5.27	4.00	4.50	3.90	4.84	3.90	4.42	3.81		
MFS Technology Portfolio S Class(e)	06/16/00	-3.65	5.40	-4.97	4.66	-9.47	-7.26	-2.33	4.58	-9.76	-7.51		
MFS Total Return Portfolio S Class(e)	05/11/88	-1.51	3.27	-4.01	-0.04	2.20	6.60	-4.28	-0.14	2.12	6.55		
MFS Utilities Portfolio S Class(e)	11/16/93	-1.73	9.39	-4.23	5.87	3.49	9.01	1.35	5.79	3.38	8.96		
MFS Value Portfolio S Class(e)	05/05/98	-6.63	0.28	-9.41	-1.13	1.69	3.14	-7.04	-1.23	1.60	3.06		

(1) Hypothetical results reflect the historical performance of the underlying investment options prior to the inclusion of the fund as a separate account funding the variable annuity. Results reflect the 1.30% mortality and expense charges and the 0.15% administration fee (for contract owners under age 76 on the open date). These results do not include the maximum 8% surrender charge which declines from 8%,8%,7%,6%,0% over 4 years or the \$50 contract fee. If surrender charges and contract fee were included, it would reduce the performance shown. The Secured Returns benefit is not included within the performance results. If it was elected, this rider would reduce the performance shown.

(2) Hypothetical results reflect the historical performance of the underlying investment options prior to the inclusion of the fund into Sun Life Assurance Company of Canada (U.S.) Separate Account F, which funds the variable annuity. The inception date for Separate Account F is November 30, 1989. Adjusted results reflect underlying fund expenses, the 1.30% mortality and expense charges, the 0.15% administration fee, the 8% surrender charge which declines from 8%,8%,7%,6%,0% over 4 years and the \$50 annual contract fee (for contract owners under age 76 on the open date). Hypothetical returns computed by applying charges and expenses to actual underlying funds since the inception of investment operations.

(3) Fund Inception Date represents the date on which the underlying investment option commenced investment operations.

(b) Investment in a money market fund is not insured or guaranteed by the Federal Deposit Insurance Corporation or any other government agency, and although the fund seeks to preserve the value of your investment at \$1.00 per share, it is possible to lose money by investing in the fund.

(e) The performance shown reflects a non-recurring accrual made to the series on July 28, 2004, relating to MFS' revenue sharing settlement with the Securities and Exchange Commission, without which the performance would have been lower.

**NOT FDIC/NCUA INSURED • MAY LOSE VALUE • NO BANK/CREDIT UNION GUARANTEE • NOT A DEPOSIT
NOT INSURED BY ANY FEDERAL GOVERNMENT AGENCY**

Please see the prospectus for investment risks associated with each investment option. The performance data quoted here represents past performance. Past performance is no guarantee of future results. The investment return and principal value of an investment in a variable annuity will fluctuate and units, when redeemed, may be worth more or less than their original cost. Current performance may be higher or lower than the performance quoted.

This report is not complete unless all pages are included.

MFS Regatta Flex II Variable Annuity Performance Results through 08/31/2010

Portfolio Standardized Return Data

of 06/09/2010 Standard Output

Charges(4)

Performance results for MFS Regatta Flex II Variable Annuity assume a

MFS Core Equity Portfolio S Class(e)	10/31/91	-3.75	-2.07	-3.04	4.91	5.60	-1.75	-2.78	4.88
MFS Emerging Markets Equity Portfolio S Class	05/05/98	5.32	4.33	5.23	4.77	8.64	3.68	5.10	4.53
MFS Global Governments Portfolio S Class	05/12/97	-3.17	-1.74	-1.88	1.70	4.83	-1.79	-1.34	1.54
MFS Global Growth Portfolio S Class(e)	06/05/96	10.36	7.89	9.45	6.64	15.23	8.44	8.44	6.25
MFS Global Research Portfolio (Service Class)(e)	11/30/89	-3.39	3.76	5.31	4.91	-4.40	2.92	4.51	4.71
MFS Global Tactical Allocation Portfolio - S Class	11/16/93	-6.13	0.33	-1.83	5.31	2.69	0.93	-1.92	5.21
MFS Government Securities Portfolio S Class	11/07/94	-7.37	-1.65	-4.64	4.63	1.23	-1.65	-4.24	4.43
MFS Growth Portfolio S Class(e)	11/07/94	-4.21	3.05	3.95	6.50	0.97	3.13	3.66	6.37
MFS High Yield Portfolio S Class	11/30/89	-2.16	4.10	4.23	4.82	-2.25	3.82	4.28	4.79
MFS International Growth Portfolio S Class	05/01/95	-4.60	0.26	-7.56	4.35	3.37	0.94	-6.86	4.36
MFS International Value Portfolio S Class	11/30/89	10.97	3.34	3.57	5.66	17.38	2.95	3.23	5.54
MFS Massachusetts Investors Growth Stock Portfolio S Class	06/03/96	-2.90	3.12	2.60	3.22	3.52	3.59	1.74	2.88
MFS Mid Cap Growth Portfolio S Class	10/02/95	-9.45	1.91	3.58	5.33	-0.32	2.61	3.07	5.13
MFS Money Market Portfolio S Class(b) (7-day yield: -1.55%)(c)	05/06/98	-6.30	-1.95	-6.55	-0.82	3.57	-1.18	-5.76	-0.75
MFS New Discovery Portfolio S Class(e)	08/31/00	3.35	-5.88	-9.06	-9.06	14.96	-5.39		-9.30
MFS Research International Portfolio S Class	11/30/89	-8.63	0.76	0.47	1.83	-8.63	0.85	0.57	1.85
MFS Strategic Income Portfolio S Class	05/06/98	7.80	1.78	-1.94	3.63	22.95	3.27	-1.56	3.68
MFS Technology Portfolio S Class(e)	05/05/98	-8.25	0.37	0.71	3.34	-2.26	0.75	-0.09	2.88
MFS Total Return Portfolio S Class(e)	05/06/98	4.84	3.90	4.42	3.81	7.14	3.28	4.04	3.54
MFS Utilities Portfolio S Class(e)	06/16/00	-2.33	4.58	-9.76	-7.51	7.22	4.02	-8.56	-8.11
MFS Value Portfolio S Class(e)	11/30/89	-4.28	-0.14	2.12	6.12	0.61	-0.25	2.50	6.08
	11/16/93	1.35	5.79	3.38	8.96	1.72	5.52	3.15	8.61
	05/05/98	-7.04	-1.23	1.60	3.06	-0.17	-1.10	2.13	2.98

(4) Historical results reflect the performance of the portfolios since they were added to Sun Life Assurance Company of Canada (U.S.) Separate Account F, since its inception on November 30, 1989. Results adjusted to reflect the portfolio management expenses, the MFS Regatta Flex II Variable Annuity \$50 annual contract fee, the maximum 8% surrender charge which declines from 8%, 8%, 7%, 6%, 0% over 4 years, the 1.30% mortality and expense charges and the 0.15% administration fee (for contract owners under age 76 on the open date). Historical returns computed by applying charges and expenses to portfolios in the separate account. The Secured Returns benefit is not included within the performance results. If it was elected, this rider would reduce the performance shown.

(5) Portfolio Inception Dates represent the date on which the series were included in Separate Account F which funds the variable annuity.

(b) Investment in a money market fund is not insured or guaranteed by the Federal Deposit Insurance Corporation or any other government agency, and although the fund seeks to preserve the value of your investment at \$1.00 per share, it is possible to lose money by investing in the fund.

(c) Based on seven days ending on 08/31/2010 with dividends annualized. The yield quotation more closely reflects the current earnings of this Money Market Fund than the total return quotation.

(e) The performance shown reflects a non-recurring accrual made to the series on July 28, 2004, relating to MFS' revenue sharing settlement with the Securities and Exchange Commission, without which the performance would have been lower.

Please see the prospectus for investment risks associated with each investment option. The performance data quoted here represents past performance. Past performance is no guarantee of future results. The investment return and principal value of an investment in a variable annuity will fluctuate and units, when redeemed, may be worth more or less than their original cost. Current performance may be higher or lower than the performance quoted.

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IMPORTANT DISCLOSURES

This material must be accompanied or preceded by a prospectus. You should consider the investment objectives, risks, and all charges and expenses of any investment. The prospectus contains this and other information about both the variable annuity product and the underlying investment options. Prospectuses for both the variable annuity and the investment options are available at www.sunlife-usa.com. Read all prospectuses carefully before investing or sending money.

The results reflect the basic death benefit charge for owners under age 76 at issue. If additional death benefit riders are selected and/or the higher mortality and expense risk charges applied, the performance results would be lower. All charges for optional death benefit riders are listed below or on the next page. All performance results include investment management expenses including 12b-1 fees. There is a 10% federal penalty tax on certain withdrawals of earnings prior to age 59½, and all withdrawals are subject to qualified retirement plan provisions. Taxes are due upon withdrawal from the contract.

Results for portfolios or underlying investment options less than 1 year old reflect total return, not annualized return as reflected in the life of fund column.

Investments may have differences in guarantees, fluctuation of principal and/or return, insurance, tax features, etc.

- **Investment in a money market fund is not insured or guaranteed by the Federal Insurance Deposit Corporation or any other government agency, and although the fund seeks to preserve the value of your investment at \$1.00 per share, it is possible to lose money by investing in the fund.**
- High yield bonds carry greater credit risk than higher quality bonds.
- Small- and emerging-growth company stocks may carry more risk and volatility than larger, more established company stocks.
- International investing is subject to political changes and fluctuations in currency.
- Real estate investments involve risks such as refinancing, economic impact on industry, changes in property values, dependency or management skills and risks similar to small company investing.
- Sector portfolios and concentrated portfolios with fewer securities may be subject to greater price volatility.

Although some underlying investment options may have names or investment objectives similar to retail mutual funds managed by the same portfolio manager, these portfolios will not have the same underlying holdings or performance as the retail mutual funds.

Variable annuities are intended for long-term retirement planning goals. MFS Regatta Flex II Variable Annuity variable annuities are combination fixed/variable annuity contracts with a market value adjustment issued by Sun Life Assurance Company of Canada (U.S.) and Sun Life Financial Distributors, Inc. Both companies are members of the Sun Life Financial group of companies. For complete information including investment objectives, risks, and all charges and expenses such as the mortality and expense risk, optional death and living benefit charges, and surrender and investment option charges, please see the prospectuses for both the variable annuity product and the underlying investment sub-accounts. Please read all prospectuses carefully before investing or sending money.

The policy form number(s) for the MFS Regatta Flex II Variable Annuity Variable Annuity are RFFII-GR-CERT-02, RFFII-GR-CERTPR-02, RFFII-IND-MVA-02, RFFII-IND-MVAPR-02 (may be followed by state abbreviation in some states).

Optional Death Benefit Fees	Other Optional Rider(s)
<ul style="list-style-type: none"> • 0.20% for Maximum Anniversary Account Value Benefit (MAV) 	<ul style="list-style-type: none"> • 0.50% for Secured Returns 2 (in addition to charge for any optional death benefit, can be selected with any death benefit except EEB Premier Plus, taken quarterly as explicit charge)
<ul style="list-style-type: none"> • 0.20% for 5% Premium Roll-Up Benefit (5%) 	
<ul style="list-style-type: none"> • 0.25% for Earnings Enhancement Benefit(SM) Premier (EEB Premier) 	
<ul style="list-style-type: none"> • 0.40% for Earnings Enhancement Benefit(SM) Premier with Maximum Anniversary Account Value Benefit (EEB Premier with MAV) 	
<ul style="list-style-type: none"> • 0.40% for Earnings Enhancement Benefit(SM) Premier with 5% Premium Roll-Up Benefit (EEB Premier with 5%) 	
<ul style="list-style-type: none"> • 0.40% for Earnings Enhancement Benefit(SM) Premier Plus (EEB Premier Plus) 	

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