NAVIGATING VOLATILE MARKETS

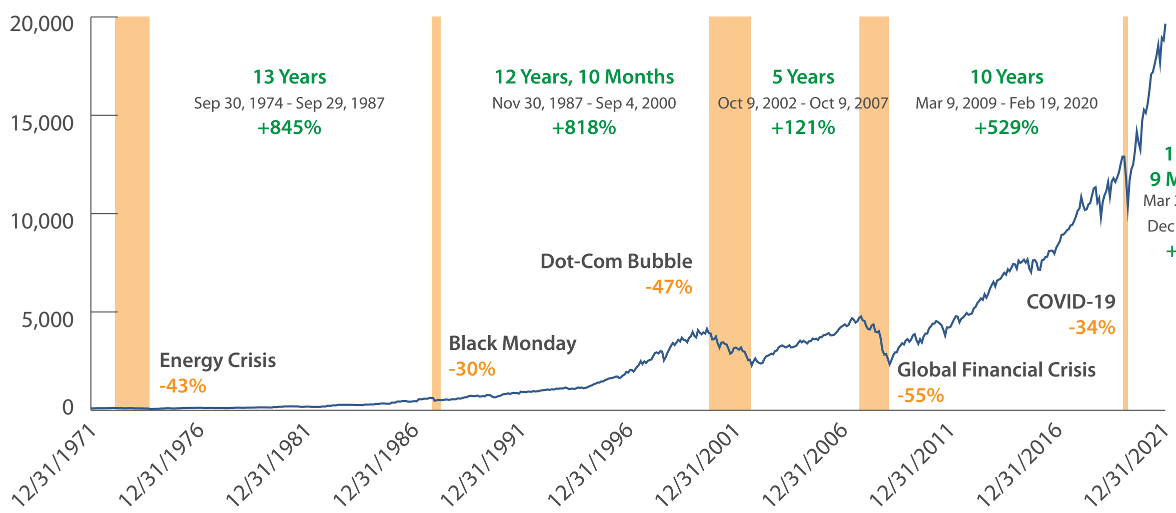
Tips for keeping your cool during market gyrations

1. Take the broad view: downturns are normal

Market downturns happen every so often for various reasons. Over the short term, volatility – which can cause dramatic price swings – might be difficult to accept. The fact remains that over the long term, stock markets have recovered and outperformed other assets classes. Since 1932, we've experienced bear markets every five years or so, with downturns averaging losses of about -40%.[1]

S&P 500 Index

50-year period ended December 31, 2021



Sources: Morningstar, Bloomberg, Saturna Capital analysis

Past performance is no guarantee of future results. *This chart is for illustrative purposes only and does not represent the performance of any particular investment. A bear market decline is defined as a -20% drawdown from peak to low. Investors cannot invest directly in an index . Index returns do not reflect any fees, expenses, or sales charges.*

[1] Smith, Anne Kates; Burrows, Dan. 8 Facts Your Need to Know About Bear Markets. Kiplinger, May 4, 2020. https://www.kiplinger.com/slideshow/investing/t052-s001-8-facts-you-need-to-know-about-bear-markets/index.html

Please consider an investment's objectives, risks, charges and expenses carefully before investing. For this and other important information about Saturna Funds, please obtain and carefully read a free prospectus or summary prospectus from www.saturna.com or by calling toll-free 1-800-728-8762.

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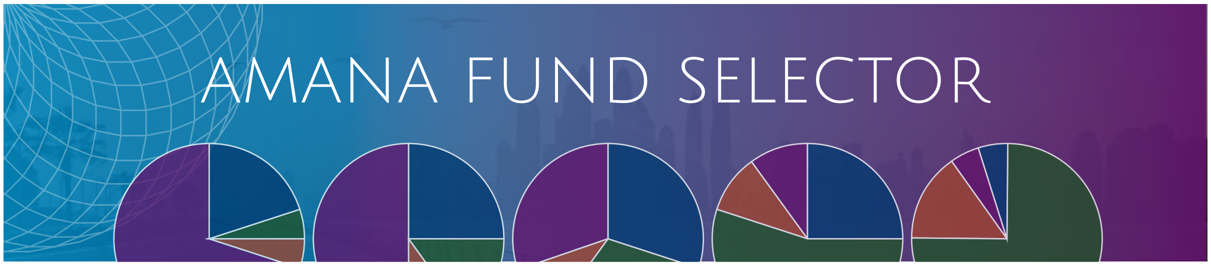
2. Make a plan and stick with it

The **Amana Fund Selector** can help you assess your investment objectives, risk tolerance, and time horizon. The Selector then scores your answers and returns one of five asset allocation models that most closely matches your preferences. While the Amana Fund Selector is educational in nature and is not intended to be financial advice (as it does not consider your tax situation or entire financial situation), understanding which model most closely matches your preferences can provide you with the information needed to guide your financial decisions.



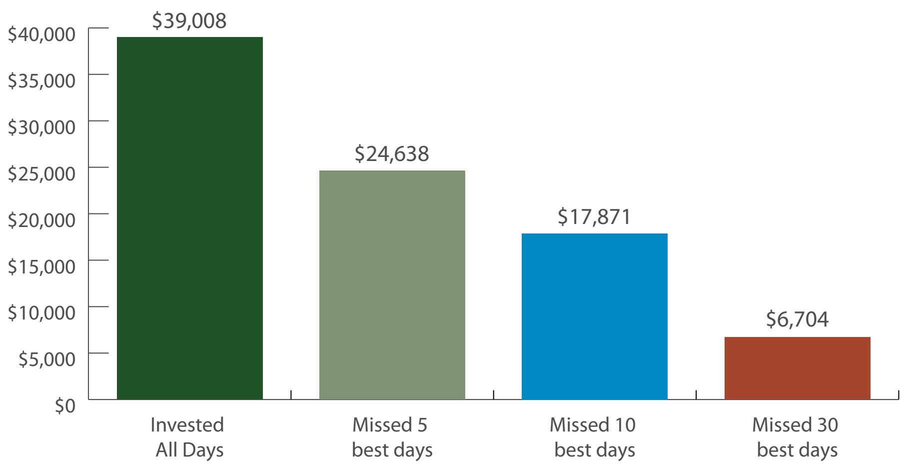
Visit: **www.saturna.com/amana-fund-selector** today to try it out for free!

3. Don't try to time the market

Many investors believe they can time the market correctly – taking money out of a fund when its value goes down and then investing again when the value starts climbing up again. This sounds good in theory but usually does not turn out well. Often, the timing isn't perfect, and investors sell when the price falls, but then end up reinvesting at a price higher than when they sold. This can hurt your long-term wealth creation momentum. The old adage "it's time in the market, not timing the market" sticks around for a reason.

Effects of missing the best days

Value of $1,000 invested in the S&P 500 Index on Jan. 4, 1988 as of Dec. 31, 2021



This chart assumes shares were sold at the closing price the day before a "best" day and bought back at the close of the best day, effectively removing the returns generated that day. Index returns do not reflect any fees, expenses, or sales charges. Investors cannot invest directly in an index.

Sources: Bloomberg, Saturna Capital analysis

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4. Wade in with dollar-cost averaging

An additional strategy many investors use is dollar-cost averaging – when you invest your money in equal portions at regular intervals, regardless of the ups and downs in the market. It would be great if we could buy stocks, or other types of investments, when the market is low and sell when the market is high. Unfortunately, efforts to time the market often backfire, and investors end up buying and selling at the wrong time. When stocks go down, people often get fearful and sell. Then, when the market goes back up, they might miss out on potential gains. On the flip side, when the stock market goes up, investors might be tempted to rush in. But they could end up buying just as stocks are about to drop.

Dollar-cost averaging can help take the emotion out of investing. It compels you to continue investing the same (or roughly the same) amount regardless of the market's fluctuations, potentially helping you avoid the temptation to time the market. When you dollar-cost average, you buy more shares of an investment when the share price is low and fewer shares when the share price is high. This can result in paying a lower average price per share over time. And by wading in, as opposed to handing over your money all at once, dollar-cost averaging can help you limit your losses in the event the market declines.

Example: $500 monthly investment

Month	Monthly Investment	Share Price	Shares Purchased Each Month
January	$500	$9.00	55.6
February	$500	$10.00	50.0
March	$500	$8.00	62.5
April	$500	$11.75	42.6
May	$500	$12.25	40.8
June	$500	$9.00	55.6

Average Share Price: $10.00 ($60.00/6 purchases)
Average Share Cost: $9.77 ($3,000/307.1)

RESULTS

The average cost of your shares would be $0.23 less than the average price of your shares over that period.

This table is for illustrative purposes only. Dollar-cost averaging does not assure a profit or protect against loss in declining markets. Investors should consider their ability to make regular investments during all market conditions.

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5. Diversify, because winners alternate

The chart below demonstrates the need for a diversified asset allocation plan - it shows how various asset classes performed on a year-by-year basis over the last 15 years. The best-performing asset class for each calendar year is at the top of each column.

No asset class has consistently had the best return year in and year out. For example, emerging market stocks. If you invested in 2007, 2012, or 2017 you'd have done fairly well those years. But what if you had put all of your money into emerging market stocks in 2008, 2011, or 2015? You wouldn't have done so well those years.

Annual Total Return of Key Asset Classes 2007-2021

	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021
Best	EM Stocks 39.82	Global Bonds 10.89	EM Stocks 79.02	Small Growth Stocks 29.09	Bonds 7.84	EM Stocks 18.63	Small Growth Stocks 43.30	Large Growth Stocks 14.89	Large Growth Stocks 5.52	Small Value Stocks 31.74	EM Stocks 37.75	Bonds 0.01	Large Value Stocks 31.93	Large Growth Stocks 33.46	Large Growth Stocks 32.00
	Foreign Stocks 11.63	Bonds 5.24	High Yield Bonds 54.22	Small Value Stocks 24.50	Global Bonds 6.35	Small Value Stocks 18.05	Small Value Stocks 34.52	Large Value Stocks 12.36	Bonds 0.55	High Yield Bonds 18.25	Large Growth Stocks 27.44	Large Growth Stocks -0.01	Large Growth Stocks 31.13	Small Growth Stocks 19.96	Small Value Stocks 28.27
	Global Bonds 10.95	Hedge Strategies -19.02	Small Growth Stocks 34.47	EM Stocks 19.20	High Yield Bonds 5.47	Foreign Stocks 17.90	Large Growth Stocks 32.75	Bonds 5.97	Foreign Stocks -0.39	Large Value Stocks 17.40	Foreign Stocks 25.62	Global Bonds -0.84	Small Growth Stocks 28.48	EM Stocks 18.31	Large Value Stocks 24.86
	Hedge Strategies 9.95	High Yield Bonds -26.17	Foreign Stocks 32.46	Large Value Stocks 15.10	Large Growth Stocks 4.65	Large Value Stocks 17.68	Large Value Stocks 31.99	Small Growth Stocks 5.60	Hedge Strategies -1.11	EM Stocks 11.60	Small Growth Stocks 22.17	High Yield Bonds -2.37	Foreign Stocks 22.66	Global Bonds 10.11	Small Growth Stocks 14.82
	Large Growth Stocks 9.13	Small Value Stocks -28.92	Large Growth Stocks 31.57	Large Growth Stocks 15.05	Large Value Stocks -0.48	High Yield Bonds 14.71	Foreign Stocks 23.29	Small Value Stocks 4.22	Small Growth Stocks -1.38	Small Growth Stocks 11.32	Large Value Stocks 15.36	Hedge Strategies -4.08	Small Value Stocks 22.39	Foreign Stocks 8.28	Foreign Stocks 11.78
	Small Growth Stocks 7.05	Large Growth Stocks -34.92	Large Value Stocks 21.18	High Yield Bonds 14.42	Small Growth Stocks -2.91	Large Growth Stocks 14.61	Hedge Strategies 9.14	Hedge Strategies 2.98	Large Value Stocks -3.13	Large Growth Stocks 6.89	Hedge Strategies 8.52	Large Value Stocks -8.95	EM Stocks 18.90	Bonds 7.51	High Yield Bonds 5.49
	Bonds 6.97	Small Growth Stocks -38.54	Small Value Stocks 20.58	Hedge Strategies 10.25	Hedge Strategies -5.25	Small Growth Stocks 14.59	High Yield Bonds 7.53	High Yield Bonds 1.86	Global Bonds -3.57	Hedge Strategies 5.45	Small Value Stocks 7.84	Small Growth Stocks -9.31	High Yield Bonds 14.00	Hedge Strategies 6.81	Hedge Strategies 3.65
	High Yield Bonds 2.65	Large Value Stocks -39.22	Hedge Strategies 20.00	Foreign Stocks 8.21	Small Value Stocks -5.50	Hedge Strategies 6.37	Bonds -2.02	Global Bonds -0.48	High Yield Bonds -4.93	Bonds 2.65	Global Bonds 7.49	Small Value Stocks -12.86	Hedge Strategies 12.03	High Yield Bonds 5.48	Bonds -1.54
	Large Value Stocks 1.99	Foreign Stocks -43.06	Bonds 5.93	Bonds 6.54	Foreign Stocks -11.73	Bonds 4.21	EM Stocks -2.27	EM Stocks -1.82	Small Value Stocks -7.47	Global Bonds 1.60	High Yield Bonds 7.03	Foreign Stocks -13.36	Bonds 8.72	Small Value Stocks 4.63	EM Stocks -2.54
Worst	Small Value Stocks -9.78	EM Stocks -53.18	Global Bonds 2.55	Global Bonds 5.17	EM Stocks -18.17	Global Bonds 1.65	Global Bonds -4.00	Foreign Stocks -4.48	EM Stocks -14.60	Foreign Stocks 1.51	Bonds 3.54	EM Stocks -14.25	Global Bonds 5.90	Large Value Stocks 1.35	Global Bonds -6.97

Past performance is no guarantee of future results. This chart is for demonstration purposes only and does not represent the performance of any specific investment. Large growth stocks are represented by the S&P Growth Index; Large value stocks are represented by the S&P 500 Value Index; Small growth stocks are represented by the Russell 2000 Growth Index; Small Value stocks are represented by the Russell 2000 Value Index; Foreign stocks are represented by the MSCI EAFE Index; Bonds are represented by the Bloomberg Barclays US Aggregate Index; High yield bonds are represented by the Credit Suisse High Yield Index; Emerging market stocks are represented by the MSCI Emerging Markets Index; Global bonds are represented by the FTSE World Government Bond Index; Hedge Strategies are represented by the HFRX Global Hedge Index. Diversification does not guarantee a profit or a protect against loss in a declining market. Investors cannot invest directly in an index. Index returns do not reflect any fees, expenses, or sales charges. *Source: Bloomberg*