Essential Super.

Lifestage 1975-79 option fact sheet | 30 June 2025



Provided by

About Lifestage options

As you move through life, your investment needs, financial situation and attitude to risk change. Our Lifestage option provides investments that change as you get older. For each life stage we'll select an investment mix that reflects the typical needs for people at that stage of life. And as you move from one life stage to the next, we'll adjust the investments accordingly.

Investment objective

To achieve a return of CPI plus 3.0% per annum over rolling ten-year periods after fees and taxes.

Investment strategy

To invest in a diverse range of assets that are expected to provide long-term capital growth, but which may have a high level of short-to-medium-term volatility. In the long term, the portfolio's exposure to assets with volatile returns will be reduced to provide greater short-term security. The option may use derivatives with the objective of managing portfolio volatility. The portfolio aims to hedge currency risk except for part of the allocation to global shares (which may include emerging market shares).

Investment ranges

Range	Benchmark
30% - 50%	43.3%
25% - 40%	31.3%
0% - 30%	17.0%
0% - 15%	5.6%
0% - 10%	2.8%
	30% - 50% 25% - 40% 0% - 30% 0% - 15%

Minimum suggested timeframe

At least 10 years

Risk rating

Band 6 - High. The level of investment risk is the Trustee's estimate of the risk of negative returns over a 20 year period. It is not a complete assessment of all forms of investment risk. For more information about risk, refer to the Reference guide.

What am I invested in?



- Global shares 43.3%
- Australian shares 31.3%
- Property & infrastructure 17.0%
- Australian fixed Interest 4.0%
- Cash 2.8%
- Global fixed interest 1.7%

Performance

	3 month (%)	6 month (%)	1 year (%)	3 years (%)	5 years (%)	10 years (%)	Since inception	Inception date	Fund size
Net return	5.97%	5.06%	12.77%	13.17%	10.99%	-	8.18%	17/03/2019	\$629.72m
Benchmark^	1.64%	3.30%	5.31%	7.03%	7.42%	-	6.54%		

[^]CPI - Australia + 3% pa (100%)

Past Performance is no Indication of Future Performance

All returns are calculated on an annualised basis using exit price to exit price, net of administration and investment fees, costs and net of tax payable by the trustee. All return calculations exclude contribution surcharge, contribution tax or individual taxes payable by the investor and all other fees and rebates disclosed in the relevant product disclosure statements available on our website or by calling us.

Please refer to the Product Disclosure Statement (PDS) and the Fees and Investments Reference Guide for full details of the applicable fees and costs.

Avanteos Investments Limited ABN 20 096 259 979, AFSL 245531 (AIL) is the Trustee of Essential Super ABN 56 601 925 435 and the issuer of interests in Essential Super. Essential Super is distributed by the Commonwealth Bank of Australia ABN 48 123 123 124, AFSL 234945 (the Bank). Colonial First State (CFS) is Superannuation and Investments HoldCo Pty Limited ABN 64 644 660 882 (HoldCo) and its subsidiaries which include AlL. The Bank holds an interest in CFS through its significant minority interest in HoldCo.

This information is issued by AlL and may include general financial product advice but does not consider your individual objectives, financial situation, needs or tax circumstances, and so you should consider the appropriateness of the advice having regard to your circumstances before acting on it. The Target Market Determination (TMD) for Essential Super can be found at cfs.com.au/tmd and includes a description of who the financial product is appropriate for and any conditions on how the product can be distributed to customers. You should read the Product Disclosure Statement (PDS) and the Reference Guides for Essential Super carefully and consider whether the information is appropriate for you before making any decision regarding this product. Download the PDS and Reference Guides at commbank.com.au/essentialsuper-documents or call us on 13 4074 for a copy. Neither the Bank, AlL, CFS, nor any of their respective subsidiaries guarantee the performance of Essential Super or the repayment of capital by Essential Super. An investment in this product is subject to risk, loss of income and capital invested. An investment in Essential Super is via a superannuation trust and is therefore not an investment in, deposit with or other liability of the Bank or its subsidiaries. Where we mention 'we', 'us' or 'our', we mean AlL.

