

November 14, 2007

UPDATED: FORWARD FUNDS 2007 PRELIMINARY CAPITAL GAINS DISTRIBUTIONS INFORMATION

The Forward Funds will pay, if available, short-term and long-term capital gains and dividend distributions in December 2007 on the following dates:

Annual Payment of Capital Gains Distributions:

Declaration Date	Record Date	Ex-Date, Reinvest Date and Payable Date
12/05/2007	12/06/2007	12/07/2007

The preliminary capital gains information presented below is as of October 31, 2007 for three funds and as of September 30, 2007 for the remaining funds. Actual distribution amounts for all funds will be based on gains and losses realized through October 31, 2007. Each fund's capital gains distribution amount per share will be the same across all share classes.

During each calendar year, mutual funds realize gains and losses from selling securities in their portfolios. Tax laws require mutual funds to distribute the net gains from these sales to shareholders by year end. Distribution information can change prior to the fund's actual record date in December depending on current market conditions and number of fund shares outstanding. Net short-term capital gains, when distributed, are generally taxable as ordinary income and are reported as Ordinary Dividends on Form 1099-DIV.

NEW: Capital Gains Distribution Data as of October 31, 2007

	Per Share Available Distribution		Percentage of NAV	
	Short-Term Capital Gain	Long-Term Capital Gain	Short-Term Capital Gain	Long-Term Capital Gain
Forward Hoover Mini-Cap Fund	1.2913	0.7948	6.26%	3.85%
Forward Hoover Small Cap Equity Fund	0.8677	1.4276	3.78%	6.22%
Sierra Club Stock Fund	0.0672	0.0000	0.55%	0.00%

Capital Gains Distribution Data as of September 30, 2007

	Per Share Available Distribution		Percentage of NAV	
	Short-Term Capital Gain	Long-Term Capital Gain	Short-Term Capital Gain	Long-Term Capital Gain
Forward Emerald Banking and Finance Fund	0.1191	2.3843	0.47%	9.42%
Forward Emerald Growth Fund	0.0000	1.3154	0.00%	8.49%
Forward Emerald Opportunities Fund	0.0000	0.0000	0.00%	0.00%
Forward Global Emerging Markets Fund	1.8871	1.4524	6.01%	4.62%
Forward International Equity Fund	0.5813	0.5244	2.72%	2.45%
Forward International Small Companies Fund	0.8921	0.6895	4.32%	3.34%
Forward Large Cap Equity Fund	0.0000	0.0000	0.00%	0.00%
Forward Legato Fund	0.0474	1.0119	0.34%	7.30%
Forward Long/ Short Credit Analysis Fund	0.0000	0.0000	0.00%	0.00%
Forward Progressive Real Estate Fund	0.0892	2.8958	0.44%	14.38%

Please note: The data above does not include ordinary income distributions. The Forward Funds will pay, if available, ordinary dividend distributions in December 2007 on the following dates:

Annual Payment of Dividend Distributions:

Declaration Date	Record Date	Ex-Date, Reinvest Date and Payable Date
12/26/2007	12/27/2007	12/28/2007

If you have any questions, please contact us at (888) 312-4100.

This material must be preceded or accompanied by a prospectus. Please read it carefully before investing or sending money.

Small company stocks are generally riskier than large company stocks due to greater volatility and less liquidity. Investing in foreign securities will involve certain additional risks, including exchange rate fluctuation, less liquidity, greater volatility and less regulation. Real estate funds will be subject to a higher degree of market risk due to concentration in a specific industry or in geographic regions. Investments in real estate and REITS have various risks including vacancies and devaluation based upon adverse economic or regulatory changes. High-yield bonds involve a greater risk of default and price volatility than U.S. Government and other high quality bonds. High-yield/high-risk bonds can experience sudden and sharp price swings which will affect net asset value. Funds that concentrate in a particular industry will involve a greater degree of risk than a fund with a more diversified portfolio.

There are risks involved with investing, including loss of principal. Past performance does not guarantee future results.

Forward Funds are distributed by ALPS Distributors, Inc.

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