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16 September 2022

F&C INVESTMENT TRUST PLC

LEI: 213800W6B18ZHTNG7371

TRANSACTION IN OWN SHARES

In accordance with Listing Rule 12.4.6, F&C Investment Trust PLC (the 'Company') announces today it has purchased the following number of its ordinary shares of 25 pence each on the London Stock Exchange through J.P. Morgan Securities plc.

Date of purchase:	16 September 2022
Number of ordinary shares purchased:	15,500 shares
Lowest price per share:	868.00p
Highest price per share:	872.00p
Trading venue:	London
Aggregate volume:	15,500 shares
Weighted average price:	871.1613p

The Company intends to hold the purchased shares in treasury.

Following the above transaction, the Company holds 43,290,598 of its ordinary shares in treasury and has 518,528,418 ordinary shares in issue (excluding treasury shares).

Therefore, the total number of voting rights in the Company is now 518,528,418. The above figure (518,528,418) may be used by shareholders as the denominator for the calculations by which they will determine if they are required to notify their interest in, or a change to their interest in, the Company under the Financial Conduct Authority's Disclosure Guidance and Transparency Rules.

Name of contact and telephone number for enquiries:

Jonathan Latter
For and on behalf of
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Company Secretary
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