

Notice Regarding Your Semi-Annual Distribution

First Trust Large Cap Core AlphaDEX® Fund (FEX)
 First Trust Mid Cap Core AlphaDEX® Fund (FNX)
 First Trust Small Cap Core AlphaDEX® Fund (FYX)
 First Trust Large Cap Value Opportunities AlphaDEX® Fund (FTA)
 First Trust Large Cap Growth Opportunities AlphaDEX® Fund (FTC)
 First Trust Multi Cap Value AlphaDEX® Fund (FAB)

First Trust Consumer Discretionary AlphaDEX® Fund (FXD)
 First Trust Consumer Staples AlphaDEX® Fund (FXG)
 First Trust Energy AlphaDEX® Fund (FXN)
 First Trust Financials AlphaDEX® Fund (FXO)
 First Trust Industrials/Producer Durables AlphaDEX® Fund (FXR)
 First Trust Materials AlphaDEX® Fund (FXZ)
 First Trust Utilities AlphaDEX® Fund (FXU)

Each exchange-traded fund listed above within the First Trust Exchange-Traded AlphaDEX® Fund has declared a distribution payable on December 31, 2009, to shareholders of record as of December 24, 2009. This notice is meant to provide you information about the sources of your Fund's distributions.

The following tables set forth the estimated amounts of the current distribution and the cumulative distributions paid this fiscal year to date for each Fund from the following sources: net investment income ("NII"); net realized short-term capital gains ("STCG"); net realized long-term capital gains ("LTCG"); and return of capital ("ROC"). These estimates are based upon information through the December 21, 2009 declaration date and are calculated based on a generally accepted accounting principles ("GAAP") basis. The amounts and sources of distributions are expressed per share.

Fund Ticker	Fund Cusip	Fiscal Year End	Total Current Distribution	Current Distribution (\$)				Current Distribution (%)				Annualized Current Dist. Rate as a % of NAV (3)	5 Year Avg. Annual Total Return on NAV (4)
				NII	STCG	LTCG	ROC (2)	NII	STCG	LTCG	ROC (2)		
FEX	33734K109	7/31/2010	\$0.0910	\$0.0910	-	-	-	100.00%	-	-	-	0.82%	-10.29%
FNX	33735B108	7/31/2010	\$0.0901	\$0.0901	-	-	-	100.00%	-	-	-	0.74%	-7.46%
FYX	33734Y109	7/31/2010	\$0.0318	\$0.0318	-	-	-	100.00%	-	-	-	0.29%	-11.23%
FTA	33735J101	7/31/2010	\$0.1600	\$0.1600	-	-	-	100.00%	-	-	-	1.47%	-10.15%
FTC	33735K108	7/31/2010	\$0.0122	\$0.0122	-	-	-	100.00%	-	-	-	0.11%	-10.80%
FAB	33733C108	7/31/2010	\$0.1885	\$0.1885	-	-	-	100.00%	-	-	-	1.67%	-9.26%
FXD	33734X101	7/31/2010	\$0.0220	\$0.0220	-	-	-	100.00%	-	-	-	0.31%	-11.52%
FXG	33734X119	7/31/2010	\$0.0832	\$0.0832	-	-	-	100.00%	-	-	-	0.96%	-4.34%
FXN	33734X127	7/31/2010	\$0.0216	\$0.0216	-	-	-	100.00%	-	-	-	0.27%	-8.06%
FXO	33734X135	7/31/2010	\$0.0402	\$0.0402	-	-	-	100.00%	-	-	-	0.66%	-16.39%
FXR	33734X150	7/31/2010	\$0.0620	\$0.0620	-	-	-	100.00%	-	-	-	0.89%	-12.68%
FXZ	33734X168	7/31/2010	\$0.1716	\$0.1716	-	-	-	100.00%	-	-	-	1.91%	-3.23%
FXU	33734X184	7/31/2010	\$0.1451	\$0.1451	-	-	-	100.00%	-	-	-	1.99%	-8.67%

Fund Ticker	Fund Cusip	Fiscal Year End	Total Cumulative Fiscal YTD Distributions (1)	Cumulative Distributions Fiscal YTD (\$)				Cumulative Distributions Fiscal YTD (%)				Cumulative Fiscal YTD Distributions as a % of NAV (3)	Cumulative Fiscal YTD Total Return on NAV (4)
				NII	STCG	LTCG	ROC (2)	NII	STCG	LTCG	ROC (2)		
FEX	33734K109	7/31/2010	\$0.0910	\$0.0910	-	-	-	100.00%	-	-	-	0.41%	12.81%
FNX	33735B108	7/31/2010	\$0.0901	\$0.0901	-	-	-	100.00%	-	-	-	0.37%	10.00%
FYX	33734Y109	7/31/2010	\$0.0318	\$0.0318	-	-	-	100.00%	-	-	-	0.15%	5.54%
FTA	33735J101	7/31/2010	\$0.1600	\$0.1600	-	-	-	100.00%	-	-	-	0.73%	14.08%
FTC	33735K108	7/31/2010	\$0.0122	\$0.0122	-	-	-	100.00%	-	-	-	0.06%	10.83%
FAB	33733C108	7/31/2010	\$0.1885	\$0.1885	-	-	-	100.00%	-	-	-	0.83%	11.93%
FXD	33734X101	7/31/2010	\$0.0220	\$0.0220	-	-	-	100.00%	-	-	-	0.15%	12.69%
FXG	33734X119	7/31/2010	\$0.0832	\$0.0832	-	-	-	100.00%	-	-	-	0.48%	5.74%
FXN	33734X127	7/31/2010	\$0.0216	\$0.0216	-	-	-	100.00%	-	-	-	0.14%	17.40%
FXO	33734X135	7/31/2010	\$0.0402	\$0.0402	-	-	-	100.00%	-	-	-	0.33%	16.78%
FXR	33734X150	7/31/2010	\$0.0620	\$0.0620	-	-	-	100.00%	-	-	-	0.44%	16.13%
FXZ	33734X168	7/31/2010	\$0.1716	\$0.1716	-	-	-	100.00%	-	-	-	0.96%	17.63%
FXU	33734X184	7/31/2010	\$0.1451	\$0.1451	-	-	-	100.00%	-	-	-	1.00%	6.52%

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(1) Includes the most recent semi-annual distribution paid on December 31, 2009.

(2) The Fund estimates that it has distributed more than its income and net realized capital gains; therefore, a portion of your distribution may be a return of capital. A return of capital may occur, for example, when some or all of the money that you invested in the Fund is paid back to you. A return of capital distribution does not necessarily reflect the Fund's investment performance and should not be confused with "yield" or "income."

(3) Based on Net Asset Value ("NAV") as of November 30, 2009.

(4) Total Returns are through November 30, 2009 and for Funds in operation less than five years, the return included in the 5 Year Average Annual Total Return on NAV column is from the Fund's inception date.

You should not draw any conclusions about the Fund's investment performance from the amount of this distribution.

The amounts and sources of distributions reported in this Notice are only estimates and are not being provided for tax reporting purposes. The actual amounts and sources of the amounts for tax reporting purposes will depend upon the Fund's investment experience during the remainder of its fiscal year and may be subject to changes based on tax regulations. The Fund will send you a Form 1099-DIV for the calendar year that will tell you how to report these distributions for federal income tax purposes. You should not use this letter as a substitute for your Form 1099-DIV.

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