American Realty Capital Trust, Inc. Form FWP March 21, 2012

ISSUER FREE WRITING PROSPECTUS Dated March 21, 2012 Filed Pursuant to Rule 433 Registration No. 333-179533

AMERICAN REALTY CAPITAL TRUST, INC. FREE WRITING PROSPECTUS

American Realty Capital Trust, Inc. (the "Company") filed a registration statement on Form S-11 (including a prospectus) with the SEC on February 15, 2012. This communication relates to such offering. Before you invest, you should read the prospectus in that registration statement and other documents the Company has filed with the SEC for more complete information about the Company and this offering. You may get these documents for free by visiting EDGAR on the SEC Web site at www.sec.gov. The preliminary prospectus, dated February 15, 2012, and supplements thereto are available on the SEC Web site at http://www.sec.gov/Archives/edgar/data/1410997/000114420412009282/v302712_s11.htm

Alternatively, the Company, any underwriter or any dealer participating in the offering will arrange to send you the prospectus if you request it by calling (215) 887-2189.

American Realty Capital Trust, Inc.FACT SHEET | January 31, 2012stoCk AttributesTicker Symbol ARCT (NASDAQ)Equity MarketCapitalization(as of March 1, 2012)\$1.9 BillionMonthly Dividend \$0.0583 per shareAnnualized Dividend \$0.70 per shareAmerican Realty Capital Trust ("ARCT") is a leading real estate investmenttrust ("REIT") that acquires, owns and operates singletenant freestanding commercial properties. Our diversified realestate portfolio is comprised of long-term, net leases with primarily investment grade rated tenants.(2)ARCT's primary goal is to provide durable, reliable income for our investors through the delivery of dependable monthly dividends.(3)Rents from a geographically diverse real estate portfolio of largelyinvestment grade corporate tenants representing 20 different industries should allow us to pay, sustain and grow our dividends, thereby enhancing total shareholder return.Portfolio Attributes• Number of Properties: 485 Properties• Number of States: 43 + Puerto Rico• Number of Tenants: 61• Total Square Footage: 15.6 Million• Avg. Remaining Lease Term: 13.5 Years• Avg. Age of Properties: 5.3 Years• Occupancy: 100%• % of Investment Grade Tenants: 71.1% (1)• % of Rated Tenants: 92.0% (1)Distinguishing Portfolio QuAlities• Monthly Dividends: ARCT pays dividends monthly.(3)• Long-Term Leases: ARCT's weighted average portfolio lease termis 13.5 years; there are no material lease expirations until 2018. High Percentage of Investment Grade and Rated Tenants: ARCT's property portfolio is over 71% investment grade tenantsand 92% rated credit tenants.(1)• Recently Constructed Portfolio: ARCT's average age of theproperties in its portfolio is under 6 years.• No Vacancy: ARCT's property portfolio is 100% leased.• Highly Diversified: ARCT's property portfolio is made up of 485properties located in 43 states and Puerto Rico, leased to 61different tenants in 20 separate industries.Portfolio CreDit QuAlity92% of our tenants are rated bymajor credit rating agencies, with71% rated investment grade.NonRated8%Rated onInvestmentGrade21%InvestmentGrade Tenants71%CommerCiAl reAl estAte hAs helD its VAlueGrowth of a \$10,000 InvestmentSource: Data derived from Bloomberg Financial ServicesTraded REITs (FTSE NAREIT Index) Non-Traded REITs (NCREIF TBI Index) 3-month T-BillsInvestment Grade Bonds (Barclays Capital Baa) Commodities (DJ-UBSCI)Small Cap Stocks (Russell 2000 Index) Large Cap Stocks(1) As a percentage of average annual rent. (2) "Investment grade" is a determination made by major credit rating agencies. (3) Dividends are not guaranteed. We may not be able to pay ormaintain dividends and they are subject to change at any time.Page 1 212.415.6500 | www.arctreit.com

American Realty Capital Trust, Inc.FACT SHEET | January 31, 2012TenanT DiversiTytoP 10 tenAnts (by Revenue)Our top 10 tenants, which comprise approximately 54% ofour average annual rents, are all rated by major rating agencies.85% are rated investment grade.tenant % of Avg. Annual rentFedEx 16.7%Walgreens 10.0%CVS 6.6%Government ServicesAdministration (GSA)4.6%Dollar General 3.5%Bridgestone Firestone 3.1%Express Scripts 2.7%Payless Shoe Source 2.4%PetSmart 2.1%PNC Bank 2.1%inDustry DiVersity / 20 DistinCt inDustriesOur tenants operate in 20 distinct industry sectors.Technology 1.5%Supermarket 2.5%Specialty Retail 9.5%Retail Banking 6.5%Restaurant 4.3%Aerospace 0.6%Auto Retail 1.6% Telecommunications 0.6% Consumer Goods 1.1%Consumer Products 3.4%Discount Retail 5.7%Gas/Convenience2.5%FinancialServices

1.1%GovernmentServices4.6%Healthcare7.9%Home Maintenance 2.7%Manufacturing 5.6%Auto Services 4.1%geogrAPhiC DiVersity (by Revenue)Our property portfolio includes 15.6 million square feet across 43 statesand Puerto Rico.0.4%0.2%0.4%0.2%1.6%3.1%0.6%0.2%9.3%0.8%2.3%1.5%0.2%0.1%5.4%1.6%1.2%0.9%2.8%6.7% 0.8% 7.1%1.1%5.1%12.1%1.9%1.0%2.3%4.5%

1.4%0.6%1.5%1.4%3.0%1.6%0.6%1.6%0.5%1.6%0.2%0.3%2.4%5.3%2.6%Contact us |Xbrian D. Jones, Chief Financial Officerbjones@arctreit.comXinvestor relations: heather gentry212-415-6532 |

hgentry@arctreit.comXAmerican Realty Capital Trust405 Park Avenue, New York, NY 10022www.arctreit.comPage 2 212.415.6500 | www.arctreit.com