

MFS® VIT Total Return Bond Series — Service Class

Investment Strategy from investment's prospectus

The investment seeks total return with an emphasis on current income, but also considering capital appreciation. The fund normally invests at least 80% of the fund's net assets in debt instruments. Debt instruments include corporate bonds, U.S. government securities, foreign government securities, asset-backed securities, municipal instruments, and other obligations to repay money borrowed. It primarily invests the fund's assets in investment grade quality debt instruments, but may also invest in below investment grade quality debt instruments.

Past name: MFS VIT Research Bond Svc.

Category Description: Intermediate-Term Bond

Intermediate-term bond funds have durations that are greater than 3.5 and less than six years. Most of the funds rotate among a variety of sectors in the bond market, based upon which appear to offer better values. Whatever types of bonds they hold, these funds are less sensitive to interest rates, and therefore less volatile, than funds that have longer durations.

Operations

Fund Inception Date	05-01-00
Initial Share Class Inception Date	10-24-95
Advisor	Massachusetts Financial Services Company
Subadvisor	—

Fees and Expenses as of 04-30-18

Gross Prospectus Expense Ratio	0.79%
Net Prospectus Expense Ratio	0.79%

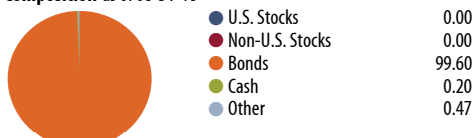
Waiver Data	Type	Exp.Date	%
—	—	—	—

Portfolio Manager(s)

Robert D. Persons, CFA, M.B.A., Northwestern University. B.A., Bucknell University. Since 2006.
 Joshua P. Marston, M.S., Massachusetts Institute of Technology. B.S., Boston University. Since 2009.

Portfolio Analysis as of 08-31-18

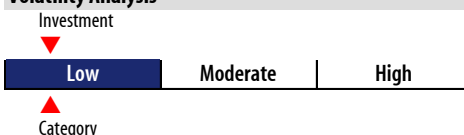
Composition as of 08-31-18



Top 20 Holdings as of 08-31-18

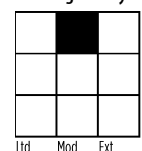
Security	% Assets
United States Treasury Notes 1.38% 09-30-19	4.13
United States Treasury Notes 1.62% 11-30-20	3.71
United States Treasury Notes 1.75% 11-30-21	2.63
United States Treasury Bonds 2.88% 05-15-43	2.37
United States Treasury Bonds 3.5% 02-15-39	1.67
United States Treasury Notes 1.75% 09-30-22	1.38
B.A.T. Capital Corporation 3.22% 08-15-24	0.83
Federal Home Loan Mortgage Corporation 3% 10-01-46	0.77
Gs Mortgage Securities Tr 2017-Gs6 3.43% 05-10-50	0.76
Morgan Stanley 5.5% 07-28-21	0.70
GMF FLOORPLAN OWNER REVOLVING TRUST 2.64% 01-18-22	0.69
United States Treasury Bonds 2.88% 11-15-46	0.69
State Grid Overseas Investment (2016) Limited 2.75% 05-04-22	0.69
GS Mortgage Securities Trust 3.43% 08-10-50	0.68
Federal National Mortgage Association 3.5% 12-01-46	0.67
ENEL Finance International N.V. 3.62% 05-25-27	0.63
Reckitt Benckiser Treasury Services PLC 2.75% 06-26-24	0.60
Wells Fargo Commercial Mortgage Trust 3.64% 12-15-59	0.60
Bank of New York Mellon Corporation 3.44% 02-07-28	0.59
Commercial Mortgage Trust 2017 3.51% 09-10-50	0.59
Total Number of Stock Holdings	—
Total Number of Bond Holdings	622
Annual Turnover Ratio %	47.00
Total Fund Assets (\$mil)	2,127.89

Volatility Analysis



In the past, this investment has shown a relatively small range of fluctuations relative to other investments. Based on this measure, currently more than two thirds of all investments have shown higher levels of risk. Consequently, this investment may appeal to investors looking for a conservative investment strategy.

Morningstar Style Box™ as of 08-31-18



Average Effective Duration	5.88
Average Effective Maturity	9.58

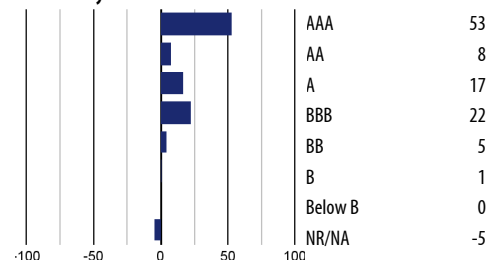
Risk Measures as of 09-30-18

Metric	Port Avg	BC Aggr	Category
3 Yr Std Dev	2.58	2.66	2.57
3 Yr Sharpe Ratio	0.35	0.16	0.28
3 Yr Alpha	0.53	—	0.38
3 Yr Beta	0.93	—	0.88
3 Yr R-squared	91.87	—	85.04

Morningstar Sectors as of 08-31-18

Sector	%Fund	%Category
Government	15.82	34.97
Corporate	41.25	25.67
Securitized	41.19	34.72
Municipal	1.54	0.56
Cash and Equivalents	0.20	3.75
Other	0.00	0.34

Credit Analysis as of 08-31-18



Notes

This material is authorized for client use only when preceded or accompanied by a Disclosure Statement, a product prospectus, a fund prospectus and/or informational brochure containing more complete information. These can be obtained from your investment professional and should be read carefully before investing or sending money.

NOT A DEPOSIT — NOT FDIC INSURED — NOT INSURED BY ANY FEDERAL GOVERNMENT AGENCY — NOT GUARANTEED BY THE INSTITUTION — MAY GO DOWN IN VALUE