

Release Date: 12-31-2022

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, securitized instruments (including mortgage-backed securities and other 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 Core-Plus Bond

Intermediate-term core-plus bond portfolios invest primarily in investment-grade U.S. fixed-income issues including government, corporate, and securitized debt, but generally have greater flexibility than core offerings to hold non-core sectors such as corporate high yield, bank loan, emerging-markets debt, and non-U.S. currency exposures. Their durations (a measure of interest-rate sensitivity) typically range between 75% and 125% of the three-year average of the effective duration of the Morningstar Core Bond Index.

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 04-29-22

Gross Prospectus Expense Ratio	0.79%
Net Prospectus Expense Ratio	0.78%

Waiver Data

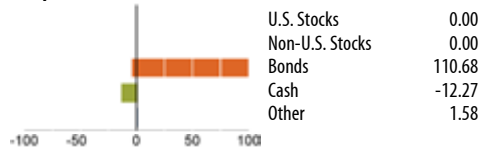
Type	Exp.Date	%
Management Fee	Contractual 04-30-23	0.01

Portfolio Manager(s)

Joshua P. Marston. M.S., Massachusetts Institute of Technology. B.S., Boston University. Since 2009.
 Alexander M. Mackey, CFA. B.A./B.S., Trinity College. Since 2019.

Portfolio Analysis as of 11-30-22

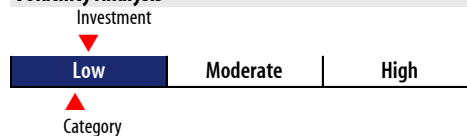
Composition as of 11-30-22



Top 20 Holdings as of 11-30-22

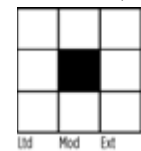
Security	% Assets
5 Year Treasury Note Future Mar 23 03-31-23	6.55
Ultra US Treasury Bond Future Mar 23 03-22-23	6.46
United States Treasury Notes 2.25% 03-31-24	5.04
United States Treasury Notes 4.25% 09-30-24	4.58
2 Year Treasury Note Future Mar 23 03-31-23	4.51
Ultra 10 Year US Treasury Note Future Mar 23 03-22-23	3.99
United States Treasury Notes 0.75% 12-31-23	1.84
United States Treasury Bonds 1.38% 11-15-40	1.31
United States Treasury Notes 2.5% 03-31-27	1.20
Federal Home Loan Mortgage Corporation 2% 04-01-52	1.19
Wells Fargo Commercial Mortgage Trust 3.64% 12-15-59	0.80
JPMBB COMMERCIAL MORTGAGE SECURITIES TRUST 3.23% 10-15-48	0.75
United States Treasury Bonds 2.38% 11-15-49	0.72
JPMorgan Chase & Co. 4.01% 04-23-29	0.70
Cutwater Limited 5.88% 01-15-29	0.69
Government National Mortgage Association 5% 11-20-52	0.68
Macquarie Group Ltd. 4.44% 06-21-33	0.66
Comm 2015-Lc21 Mortgage Trust 3.71% 07-10-48	0.62
LOANCORE 2021-CRE6 ISSUER LTD 5.78% 11-15-38	0.61
Federal National Mortgage Association 2% 03-01-52	0.60
Total Number of Stock Holdings	—
Total Number of Bond Holdings	765
Annual Turnover Ratio %	161.00
Total Fund Assets (\$mil)	1,532.05

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 11-30-22



Average Effective Duration	5.94
Average Effective Maturity	7.32

Risk Measures as of 12-31-22

Metric	Port Avg	BC Aggr	Category
3 Yr Std Dev	7.32	5.85	6.73
3 Yr Sharpe Ratio	-0.46	-0.58	-0.47
3 Yr Alpha	0.36	—	0.41
3 Yr Beta	1.10	—	1.02
3 Yr R-squared	77.75	—	80.86

Morningstar Sectors as of 11-30-22

Sector	%Fund	%Category
Government	31.68	29.20
Corporate	34.19	27.74
Securitized	31.12	32.07
Municipal	2.04	0.91
Cash and Equivalents	0.97	5.56
Other	0.00	4.52

Credit Analysis as of 11-30-22

Credit Rating	%Bonds
AAA	48
AA	5
A	14
BBB	26
BB	6
B	1
Below B	0
NR/NA	0

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