

MFS® Variable Insurance Trust
MFS New Discovery Series



As of 03/31/10

Investment Objective: Seeks capital appreciation.

Investment Strategy: MFS (Massachusetts Financial Services Company, the fund's investment adviser) normally invests the fund's assets primarily in equity securities. MFS focuses on investing the fund's assets in the stocks of companies it believes to have above average earnings growth potential compared to other companies (growth companies). Growth companies tend to have stock prices that are high relative to their earnings, dividends, book value, or other financial measures.

While MFS may invest the fund's assets in companies of any size, MFS generally focuses on companies with small capitalizations.

MFS may invest the fund's assets in foreign securities.

Portfolio Manager: Thomas H. Wetherald, CFA is an Investment Officer of MFS Investment Management® and portfolio manager of the small cap portfolios of our mutual funds, variable annuities

and institutional accounts. He has been with MFS since 2002 and has managed the series since 2004.

Investing in securities of foreign companies and governments involves considerations and potential risks not typically associated with investments in domestic corporations and obligations issued by the U.S. government. Funds allocated in an international/global/emerging markets variable portfolio could be subject to risks associated with changes in currency values, economic, political and social conditions, the regulatory environment of the countries in which the portfolio invests, as well as the difficulties of receiving current and accurate information. The securities markets of many of the emerging markets in which the portfolio may invest are substantially smaller, less developed, less liquid and more volatile than the securities markets of the United States and other more developed countries.

The risks associated with investments in small companies include less experienced management, limited product lines and financial resources, shorter operating histories, less publicly available information, reduced liquidity and increased price volatility.

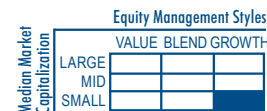
Top Portfolio Holdings*

1. Lincare Holdings, Inc.
2. CoStar Group, Inc.
3. NetLogic Microsystems, Inc.
4. Gen-Probe, Inc.
5. Hittite Microwave Corp.
6. Sensata Technologies Holding N.V.
7. EXCO Resources, Inc.
8. DaVita, Inc.
9. Verisk Analytics, Inc. - Class A
10. MSCI, Inc. - Class A

Total Dollar Weighted % of Portfolio 15.7%

Top Sector Weightings*

- | | |
|--------------------------------|-------|
| 1. Health Care | 28.2% |
| 2. Technology | 22.3% |
| 3. Special Products & Services | 10.9% |
| 4. Industrial Goods & Services | 6.4% |
| 5. Financial Services | 6.2% |
| 6. Energy | 5.5% |
| 7. Leisure | 5.4% |
| 8. Basic Materials | 4.3% |
| 9. Retailing | 4.2% |
| 10. Consumer Staples | 3.0% |



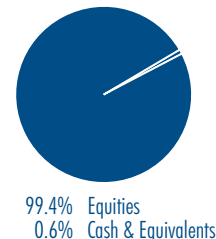
Portfolio Facts

Net Assets \$685.3 Million
 Inception Date 5/1/98

Benchmark

Russell 2000 Growth Index

Portfolio Composition



For registered products this information must be preceded or accompanied by prospectuses. Variable products are sold by prospectuses, which contain more complete information including fees, contingent deferred sales charges and other costs that may apply.

Contact your registered representative or visit <http://fundinfo.ohionational.com> to obtain current prospectuses. Please read the product and fund prospectuses carefully before you invest or send money. Investors should consider the investment objectives, strategies, risk factors, charges and expenses of the underlying variable portfolios carefully before investing. The fund prospectus contains this and other information about the underlying variable portfolios.

Variable products, and their underlying portfolios, are not insured or guaranteed by the FDIC or any other government agency, are not a deposit and are subject to risk, including loss of principal. Variable annuities are long-term investment vehicles designed for retirement purposes. Withdrawals from annuities are subject to applicable surrender charges, ordinary income tax, and if taken prior to age 59½, a 10 percent federal tax penalty may apply. Variable life insurance is an insurance product with investment features. It is most appropriate when there is a need for life insurance protection. If tax-free loans are taken, and the policy lapses, a taxable event may occur. Loans and withdrawals from life insurance policies that are classified as modified endowment contracts may be subject to tax at the time the loan or withdrawal is made. Loans and withdrawals reduce the death benefit, cash surrender value and any living benefit amount. Consult a qualified tax adviser regarding individual circumstances.

Variable annuities are sold by prospectuses.

Product availability varies by state.

Some portfolios contain different investments than similarly named retail funds offered by the portfolio manager. Investment results may be higher or lower.

* The information presented regarding the portfolio's holdings, weightings and composition are accurate as of the date indicated and are subject to change at any time.