

MFS® Variable Insurance Trust
MFS Total Return Series



As of 03/31/10

Investment Objective: Seeks total return.

Investment Strategy: MFS (Massachusetts Financial Services Company, the fund's investment adviser) invests the fund's assets in equity securities and debt instruments. MFS seeks to invest between 40 percent and 75 percent of the fund's net assets in equity securities and at least 25 percent of the fund's total assets in fixed-income senior securities.

MFS focuses on investing the fund's assets in the stocks of companies that it believes are undervalued compared to their perceived worth (value companies). Value companies tend to have stock prices that are low relative to their earnings, dividends, assets, or other financial measures.

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

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

MFS generally invests substantially all of the fund's debt investments in debt

instruments within investment grade debt ratings.

Portfolio Manager: The series is managed by a team of portfolio managers, headed by Brooks A. Taylor. The team is comprised of Steven R. Gorham, Nevin P. Chitkara, Gregory Locraft, Jr., Michael W. Roberge, Richard O. Hawkins, and William P. Douglas.

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.

Top Portfolio Holdings*

1. JPMorgan Chase & Co.
2. Lockheed Martin Corp.
3. AT&T, Inc.
4. Exxon Mobil Corp.
5. Johnson & Johnson
6. Philip Morris International, Inc.
7. MetLife, Inc.
8. Bank of New York Mellon Corp.
9. Goldman Sachs Group, Inc.
10. United Technologies Corp.

Total Dollar Weighted % of Portfolio 15.9%

Top Sector Weightings*

- | | |
|--------------------------------|-------|
| 1. Financial Services | 21.9% |
| 2. Energy | 12.7% |
| 3. Consumer Staples | 11.4% |
| 4. Health Care | 10.3% |
| 5. Industrial Goods & Services | 9.9% |
| 6. Utilities & Communications | 9.6% |
| 7. Retailing | 6.0% |
| 8. Technology | 5.7% |
| 9. Basic Materials | 3.5% |
| 10. Leisure | 3.3% |

Portfolio Facts

Net Assets \$2,884.4 Million
 Inception Date 5/1/00

Benchmark
 S&P 500 Index

Portfolio Composition



59.4% Equities
 39.1% Bonds
 1.5% Cash & Equivalents

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.