

**SEMIANNUAL REPORT**  
June 30, 2017



# MFS<sup>®</sup> TOTAL RETURN SERIES

MFS<sup>®</sup> Variable Insurance Trust



# MFS® TOTAL RETURN SERIES

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**The report is prepared for the general information of contract owners. It is authorized for distribution to prospective investors only when preceded or accompanied by a current prospectus.**

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NOT A DEPOSIT • NOT INSURED BY ANY FEDERAL GOVERNMENT AGENCY OR NCUA/NCUSIF

## LETTER FROM THE EXECUTIVE CHAIRMAN



Dear Contract Owners:

Despite policy uncertainty accompanying a new presidential administration in the United States and unease over ongoing Brexit negotiations, most markets have proved resilient. U.S. share prices have reached new highs. The U.S. Federal Reserve has continued to gradually hike interest rates. However, rates in most developed markets remain very low, with major non-U.S. central banks just beginning to contemplate curbing accommodative monetary policies.

Globally, economic growth has shown signs of recovery, led by China, the U.S. and the eurozone. Despite better growth, there are few immediate signs of worrisome inflation as wage growth remains muted. Europe has benefited from diminishing event risks as establishment candidates won both the Dutch and French elections, averting a feared populist trend. Emerging market economies are recovering at a somewhat slower pace amid fears that restrictive U.S. trade policies could further hamper the restrained pace of global trade growth. Looking ahead, markets will have to contend with issues involving geopolitical hot spots on the Korean peninsula and in the Middle East, which could potentially lead to a clash of interests between the U.S. and other major powers such as China or Russia.

At MFS®, we believe time is an asset. A patient, long-term approach to investing can have a powerful impact on decision making and outcomes. Time arbitrage, as we call it, simply comes down to having the conviction and discipline to allow enough time for good investment ideas to play out. In our view, such an approach, along with the professional guidance of a financial advisor, will help you reach your investment objectives.

Respectfully,

A handwritten signature in black ink that reads "Robert J. Manning".

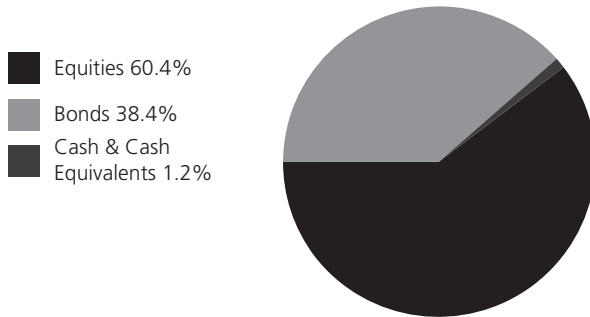
**Robert J. Manning**  
Executive Chairman  
MFS Investment Management

August 16, 2017

The opinions expressed in this letter are subject to change and may not be relied upon for investment advice. No forecasts can be guaranteed.

## PORTFOLIO COMPOSITION

### Portfolio structure (i)



### Top ten holdings (i)

|  |      |
|--|------|
| JPMorgan Chase & Co.                     | 2.0% |
| U.S. Treasury Notes, 1.750%, 11/30/2021  | 2.0% |
| U.S. Treasury Notes, 1.625%, 6/30/2019   | 1.9% |
| Philip Morris International, Inc.        | 1.9% |
| U.S. Treasury Bonds, 2.875%, 5/15/2043   | 1.8% |
| Fannie Mae, 3.5%, 11/01/2041 - 1/01/2047 | 1.7% |
| U.S. Treasury Notes, 2.750%, 2/15/2019   | 1.6% |
| Fannie Mae, 4%, 9/01/2040 - 2/01/2045    | 1.5% |
| U.S. Treasury Notes, 3.125%, 5/15/2019   | 1.3% |
| Johnson & Johnson                        | 1.2% |

### Composition including fixed income credit quality (a)(i)

|                         |       |
|-------------------------|-------|
| AAA                     | 2.8%  |
| AA                      | 0.9%  |
| A                       | 3.7%  |
| BBB                     | 6.0%  |
| BB                      | 0.1%  |
| B (o)                   | 0.0%  |
| CCC (o)                 | 0.0%  |
| C                       | 0.1%  |
| U.S. Government         | 13.6% |
| Federal Agencies        | 11.2% |
| Not Rated (o)           | 0.0%  |
| Non-Fixed Income        | 60.4% |
| Cash & Cash Equivalents | 1.2%  |

### Equity sectors

|                             |       |
|-----------------------------|-------|
| Financial Services          | 15.3% |
| Health Care                 | 8.8%  |
| Consumer Staples            | 6.2%  |
| Industrial Goods & Services | 5.0%  |
| Technology                  | 4.8%  |
| Utilities & Communications  | 3.4%  |
| Leisure                     | 3.2%  |
| Energy                      | 2.8%  |
| Basic Materials             | 2.7%  |
| Special Products & Services | 2.2%  |
| Retailing                   | 2.2%  |
| Autos & Housing             | 2.1%  |
| Transportation              | 1.7%  |

### Fixed income sectors (i)

|  |       |
|--|-------|
| U.S. Treasury Securities                   | 13.6% |
| Mortgage-Backed Securities                 | 11.1% |
| Investment Grade Corporates                | 9.7%  |
| Commercial Mortgage-Backed Securities      | 1.3%  |
| Collateralized Debt Obligations            | 0.8%  |
| Emerging Markets Bonds                     | 0.7%  |
| Non-U.S. Government Bonds                  | 0.4%  |
| Asset-Backed Securities                    | 0.4%  |
| Municipal Bonds                            | 0.2%  |
| High Yield Corporates                      | 0.1%  |
| U.S. Government Agencies                   | 0.1%  |
| Residential Mortgage Backed Securities (o) | 0.0%  |

(a) For all securities other than those specifically described below, ratings are assigned to underlying securities utilizing ratings from Moody's, Fitch, and Standard & Poor's rating agencies and applying the following hierarchy: If all three agencies provide a rating, the middle rating (after dropping the highest and lowest ratings) is assigned; if two of the three agencies rate a security, the lower of the two is assigned. Ratings are shown in the S&P and Fitch scale (e.g., AAA). Securities rated BBB or higher are considered investment grade. All ratings are subject to change. U.S. Government includes securities issued by the U.S. Department of the Treasury. Federal Agencies includes rated and unrated U.S. Agency fixed-income securities, U.S. Agency mortgage-backed securities, and collateralized mortgage obligations of U.S. Agency mortgage-backed securities. Not Rated includes fixed income securities, including fixed income futures contracts, which have not been rated by any rating agency. Non-Fixed Income includes any equity securities (including convertible bonds and equity derivatives) and/or commodity-linked derivatives. The fund may or may not have held all of these instruments on this date. The fund is not rated by these agencies.

(i) For purposes of this presentation, the components include the value of securities, and reflect the impact of the equivalent exposure of derivative positions, if any. These amounts may be negative from time to time. Equivalent exposure is a calculated amount that translates the derivative position into a reasonable approximation of the amount of the underlying asset that the portfolio would have to hold at a given point in time to have the same price sensitivity that results from the portfolio's ownership of the derivative contract. When dealing with derivatives, equivalent exposure is a more representative measure of the potential impact of a position on portfolio performance than value. The bond component will include any accrued interest amounts.

*Portfolio Composition – continued*

(o) Less than 0.1%.

Where the fund holds convertible bonds, these are treated as part of the equity portion of the portfolio.

Cash & Cash Equivalents includes any cash, investments in money market funds, short-term securities, and other assets less liabilities. Please see the Statement of Assets and Liabilities for additional information related to the fund's cash position and other assets and liabilities.

Percentages are based on net assets as of June 30, 2017.

The portfolio is actively managed and current holdings may be different.

## EXPENSE TABLE

### Fund Expenses Borne by the Contract Holders during the Period, January 1, 2017 through June 30, 2017

As a contract holder of the fund, you incur ongoing costs, including management fees; distribution and/or service (12b-1) fees; and other fund expenses. This example is intended to help you understand your ongoing costs (in dollars) of investing in the fund and to compare these costs with the ongoing costs of investing in other mutual funds.

The example is based on an investment of \$1,000 invested at the beginning of the period and held for the entire period January 1, 2017 through June 30, 2017.

#### Actual Expenses

The first line for each share class in the following table provides information about actual account values and actual expenses. You may use the information in this line, together with the amount you invested, to estimate the expenses that you paid over the period. Simply divide your account value by \$1,000 (for example, an \$8,600 account value divided by \$1,000 = 8.6), then multiply the result by the number in the first line under the heading entitled "Expenses Paid During Period" to estimate the expenses you paid on your account during this period.

#### Hypothetical Example for Comparison Purposes

The second line for each share class in the following table provides information about hypothetical account values and hypothetical expenses based on the fund's actual expense ratio and an assumed rate of return of 5% per year before expenses, which is not the fund's actual return. The hypothetical account values and expenses may not be used to estimate the actual ending account balance or expenses you paid for the period. You may use this information to compare the ongoing costs of investing in the fund and other funds. To do so, compare this 5% hypothetical example with the 5% hypothetical examples that appear in the shareholder reports of the other funds.

Please note that the expenses shown in the table are meant to highlight the fund's ongoing costs only and do not take into account the fees and expenses imposed under the variable contracts through which your investment in the fund is made. Therefore, the second line for each share class in the table is useful in comparing ongoing costs associated with an investment in vehicles (such as the fund) which fund benefits under variable annuity and variable life insurance contracts and to qualified pension and retirement plans only, and will not help you determine the relative total costs of investing in the fund through variable annuity and variable life insurance contracts. If the fees and expenses imposed under the variable contracts were included, your costs would have been higher.

| Share Class   |                  | Annualized Expense Ratio | Beginning Account Value 1/01/17 | Ending Account Value 6/30/17 | Expenses Paid During Period (p) 1/01/17-6/30/17 |
|---------------|------------------|--------------------------|---------------------------------|------------------------------|---|
| Initial Class | Actual           | 0.63%                    | \$1,000.00                      | \$1,062.99                   | \$3.22  |
|               | Hypothetical (h) | 0.63%                    | \$1,000.00                      | \$1,021.67                   | \$3.16  |
| Service Class | Actual           | 0.88%                    | \$1,000.00                      | \$1,061.82                   | \$4.50  |
|               | Hypothetical (h) | 0.88%                    | \$1,000.00                      | \$1,020.43                   | \$4.41  |

(h) 5% class return per year before expenses.

(p) "Expenses Paid During Period" are equal to each class's annualized expense ratio, as shown above, multiplied by the average account value over the period, multiplied by 181/365 (to reflect the one-half year period).

## PORTFOLIO OF INVESTMENTS – 6/30/17 (unaudited)

The Portfolio of Investments is a complete list of all securities owned by your fund. It is categorized by broad-based asset classes.

| Issuer                                       | Shares/Par | Value (\$)           | Issuer                                       | Shares/Par | Value (\$)           |
|--|------------|----------------------|--|------------|----------------------|
| <b>COMMON STOCKS – 59.6%</b>                 |            |                      | <b>COMMON STOCKS – continued</b>             |            |                      |
| <b>Aerospace – 2.8%</b>                      |            |                      | <b>Business Services – continued</b>         |            |                      |
| Honeywell International, Inc.                | 162,703    | \$ 21,686,677        | Cognizant Technology Solutions Corp., "A"    | 34,063     | \$ 2,261,783         |
| L3 Technologies, Inc.                        | 25,199     | 4,210,249            | DXC Technology Co.                           | 210,480    | 16,148,026           |
| Lockheed Martin Corp.                        | 47,172     | 13,095,419           | Equifax, Inc.                                | 42,026     | 5,775,213            |
| Northrop Grumman Corp.                       | 63,943     | 16,414,808           | Fidelity National Information Services, Inc. | 62,722     | 5,356,459            |
| United Technologies Corp.                    | 171,450    | 20,935,760           | Fiserv, Inc. (a)                             | 21,548     | 2,636,182            |
|  |            | <u>\$ 76,342,913</u> | Jones Lang LaSalle, Inc.                     | 30,366     | 3,795,750            |
|  |            |                      |  |            | <u>\$ 60,651,178</u> |
| <b>Airlines – 0.4%</b>                       |            |                      | <b>Cable TV – 1.5%</b>                       |            |                      |
| Copa Holdings S.A., "A"                      | 48,229     | \$ 5,642,793         | Charter Communications, Inc., "A" (a)        | 27,783     | \$ 9,358,704         |
| Delta Air Lines, Inc.                        | 78,050     | 4,194,407            | Comcast Corp., "A"                           | 794,886    | 30,936,963           |
|  |            | <u>\$ 9,837,200</u>  |  |            | <u>\$ 40,295,667</u> |
| <b>Alcoholic Beverages – 0.3%</b>            |            |                      | <b>Chemicals – 2.2%</b>                      |            |                      |
| Diageo PLC                                   | 311,405    | \$ 9,200,794         | 3M Co.                                       | 102,733    | \$ 21,387,983        |
|  |            |                      | Celanese Corp.                               | 48,214     | 4,577,437            |
| <b>Apparel Manufacturers – 0.3%</b>          |            |                      | E.I. du Pont de Nemours & Co.                | 59,233     | 4,780,695            |
| Hanesbrands, Inc.                            | 104,465    | \$ 2,419,409         | Monsanto Co.                                 | 56,860     | 6,729,950            |
| LVMH Moët Hennessy Louis Vuitton SE          | 12,935     | 3,225,100            | PPG Industries, Inc.                         | 192,072    | 21,120,237           |
| NIKE, Inc., "B"                              | 62,667     | 3,697,353            |  |            | <u>\$ 58,596,302</u> |
|  |            | <u>\$ 9,341,862</u>  | <b>Computer Software – 1.2%</b>              |            |                      |
| <b>Automotive – 0.9%</b>                     |            |                      | CA, Inc.                                     | 41,491     | \$ 1,430,195         |
| Delphi Automotive PLC                        | 109,688    | \$ 9,614,153         | Check Point Software Technologies Ltd. (a)   | 68,460     | 7,467,617            |
| General Motors Co.                           | 86,587     | 3,024,484            | Intuit, Inc.                                 | 15,736     | 2,089,898            |
| Harley-Davidson, Inc.                        | 18,592     | 1,004,340            | Microsoft Corp.                              | 163,361    | 11,260,474           |
| Hyundai Motor Co. Ltd.                       | 24,880     | 3,468,391            | Oracle Corp.                                 | 129,612    | 6,498,746            |
| Kia Motors Corp.                             | 93,607     | 3,125,279            | Sabre Corp.                                  | 152,130    | 3,311,870            |
| LKQ Corp. (a)                                | 117,428    | 3,869,253            |  |            | <u>\$ 32,058,800</u> |
|  |            | <u>\$ 24,105,900</u> | <b>Computer Software – Systems – 1.0%</b>    |            |                      |
| <b>Biotechnology – 0.3%</b>                  |            |                      | Apple, Inc.                                  | 43,750     | \$ 6,300,875         |
| Celgene Corp. (a)                            | 36,753     | \$ 4,773,112         | Hewlett Packard Enterprise                   | 434,088    | 7,201,520            |
| Gilead Sciences, Inc.                        | 32,962     | 2,333,050            | International Business Machines Corp.        | 84,813     | 13,046,784           |
|  |            | <u>\$ 7,106,162</u>  | Seagate Technology PLC                       | 47,701     | 1,848,414            |
| <b>Broadcasting – 0.5%</b>                   |            |                      |  |            | <u>\$ 28,397,593</u> |
| Interpublic Group of Companies, Inc.         | 112,918    | \$ 2,777,783         | <b>Construction – 1.0%</b>                   |            |                      |
| Omnicom Group, Inc.                          | 124,670    | 10,335,143           | Owens Corning                                | 196,186    | \$ 13,128,767        |
| Walt Disney Co.                              | 12,112     | 1,286,900            | Sherwin-Williams Co.                         | 23,933     | 8,399,526            |
|  |            | <u>\$ 14,399,826</u> | Stanley Black & Decker, Inc.                 | 43,480     | 6,118,940            |
| <b>Brokerage &amp; Asset Managers – 1.3%</b> |            |                      |  |            | <u>\$ 27,647,233</u> |
| Apollo Global Management LLC, "A"            | 119,325    | \$ 3,156,146         | <b>Consumer Products – 0.9%</b>              |            |                      |
| BlackRock, Inc.                              | 23,502     | 9,927,480            | Coty, Inc., "A"                              | 262,858    | \$ 4,931,216         |
| Blackstone Group LP                          | 102,900    | 3,431,715            | Kimberly-Clark Corp.                         | 29,032     | 3,748,322            |
| Charles Schwab Corp.                         | 68,319     | 2,934,984            | Newell Brands, Inc.                          | 76,214     | 4,086,595            |
| Franklin Resources, Inc.                     | 119,286    | 5,342,820            | Procter & Gamble Co.                         | 92,307     | 8,044,555            |
| NASDAQ, Inc.                                 | 84,765     | 6,059,850            | Reckitt Benckiser Group PLC                  | 31,251     | 3,168,310            |
| T. Rowe Price Group, Inc.                    | 65,479     | 4,859,197            |  |            | <u>\$ 23,978,998</u> |
|  |            | <u>\$ 35,712,192</u> | <b>Business Services – 2.2%</b>              |            |                      |
| Accenture PLC, "A"                           | 187,753    | \$ 23,221,291        |  |            |                      |
| Amdocs Ltd.                                  | 22,595     | 1,456,474            |  |            |                      |

MFS Total Return Series

Portfolio of Investments (unaudited) – continued

| Issuer   | Shares/Par | Value (\$)    | Issuer   | Shares/Par | Value (\$)     |
|--|------------|---------------|--|------------|----------------|
| <b>COMMON STOCKS – continued</b>                 |            |               | <b>COMMON STOCKS – continued</b>                             |            |                |
| <b>Containers – 0.1%</b>                         |            |               | <b>Furniture &amp; Appliances – 0.2%</b>                     |            |                |
| Crown Holdings, Inc. (a)                         | 45,085     | \$ 2,689,771  | Whirlpool Corp.  | 21,145     | \$ 4,051,805   |
| <b>Electrical Equipment – 1.0%</b>               |            |               | <b>Gaming &amp; Lodging – 0.1%</b>                           |            |                |
| Johnson Controls International PLC               | 499,336    | \$ 21,651,209 | Marriott International, Inc., "A"                            | 26,414     | \$ 2,649,588   |
| MSC Industrial Direct Co., Inc., "A"             | 72,628     | 6,243,103     | <b>General Merchandise – 0.1%</b>                            |            |                |
|  |            | \$ 27,894,312 | Target Corp.   | 24,679     | \$ 1,290,465   |
| <b>Electronics – 1.2%</b>                        |            |               | Wal-Mart Stores, Inc.  | 34,295     | 2,595,446      |
| Broadcom Corp.                                   | 15,920     | \$ 3,710,156  |  |            | \$ 3,885,911   |
| Intel Corp.                                      | 117,702    | 3,971,265     | <b>Health Maintenance Organizations – 0.4%</b>               |            |                |
| Maxim Integrated Products, Inc.                  | 79,864     | 3,585,894     | Cigna Corp.  | 40,142     | \$ 6,719,369   |
| Taiwan Semiconductor Manufacturing Co. Ltd., ADR | 277,295    | 9,694,233     | Humana, Inc.   | 12,091     | 2,909,336      |
| Texas Instruments, Inc.                          | 152,670    | 11,744,903    | UnitedHealth Group, Inc.                                     | 4,640      | 860,349        |
|  |            | \$ 32,706,451 |  |            | \$ 10,489,054  |
| <b>Energy – Independent – 1.1%</b>               |            |               | <b>Insurance – 3.8%</b>                                      |            |                |
| Anadarko Petroleum Corp.                         | 76,553     | \$ 3,470,913  | Aon PLC  | 121,930    | \$ 16,210,594  |
| Canadian Natural Resources Ltd.                  | 59,337     | 1,711,279     | Chubb Ltd.   | 154,685    | 22,488,105     |
| EOG Resources, Inc.                              | 98,617     | 8,926,811     | MetLife, Inc.  | 461,148    | 25,335,471     |
| EQT Corp.  | 54,064     | 3,167,610     | Prudential Financial, Inc.                                   | 166,235    | 17,976,653     |
| Hess Corp.                                       | 66,535     | 2,918,890     | Travelers Cos., Inc.   | 123,030    | 15,566,986     |
| Noble Energy, Inc.                               | 101,376    | 2,868,941     | Zurich Insurance Group AG                                    | 24,647     | 7,173,822      |
| Occidental Petroleum Corp.                       | 126,203    | 7,555,774     |  |            | \$ 104,751,631 |
|  |            | \$ 30,620,218 | <b>Internet – 0.7%</b>                                       |            |                |
| <b>Energy – Integrated – 1.3%</b>                |            |               | Alphabet, Inc., "A" (a)                                      | 4,129      | \$ 3,838,649   |
| BP PLC   | 1,328,810  | \$ 7,663,576  | Facebook, Inc., "A" (a)                                      | 107,054    | 16,163,013     |
| Chevron Corp.                                    | 92,753     | 9,676,920     |  |            | \$ 20,001,662  |
| Eni S.p.A.                                       | 285,152    | 4,286,031     | <b>Machinery &amp; Tools – 1.2%</b>                          |            |                |
| Exxon Mobil Corp.                                | 147,294    | 11,891,045    | Allison Transmission Holdings, Inc.                          | 64,093     | \$ 2,404,128   |
| Galp Energia SGPS S.A., "B"                      | 177,628    | 2,689,145     | Cummins, Inc.  | 7,337      | 1,190,208      |
|  |            | \$ 36,206,717 | Deere & Co.  | 30,183     | 3,730,317      |
| <b>Entertainment – 0.6%</b>                      |            |               | Eaton Corp. PLC  | 115,671    | 9,002,674      |
| Time Warner, Inc.                                | 134,980    | \$ 13,553,342 | Illinois Tool Works, Inc.                                    | 84,734     | 12,138,146     |
| Twenty-First Century Fox, Inc.                   | 105,006    | 2,975,870     | Ingersoll-Rand Co. Ltd., "A"                                 | 36,760     | 3,359,496      |
|  |            | \$ 16,529,212 |  |            | \$ 31,824,969  |
| <b>Food &amp; Beverages – 2.0%</b>               |            |               | <b>Major Banks – 6.8%</b>                                    |            |                |
| Archer Daniels Midland Co.                       | 46,713     | \$ 1,932,984  | Bank of America Corp.  | 964,536    | \$ 23,399,643  |
| Coca-Cola European Partners PLC                  | 68,294     | 2,777,517     | Bank of New York Mellon Corp.                                | 305,791    | 15,601,457     |
| Danone S.A.                                      | 73,362     | 5,514,245     | BNP Paribas  | 33,737     | 2,429,872      |
| General Mills, Inc.                              | 165,433    | 9,164,988     | Goldman Sachs Group, Inc.                                    | 91,608     | 20,327,815     |
| J.M. Smucker Co.                                 | 18,922     | 2,239,040     | JPMorgan Chase & Co.   | 597,203    | 54,584,354     |
| Marine Harvest                                   | 330,610    | 5,658,831     | Morgan Stanley   | 279,426    | 12,451,223     |
| Mondelez International, Inc.                     | 74,642     | 3,223,788     | PNC Financial Services Group, Inc.                           | 115,190    | 14,383,775     |
| Nestle S.A.                                      | 165,675    | 14,418,165    | Royal Bank of Canada   | 41,256     | 2,995,578      |
| PepsiCo, Inc.                                    | 28,424     | 3,282,688     | State Street Corp.   | 130,256    | 11,687,871     |
| Tyson Foods, Inc., "A"                           | 103,018    | 6,452,017     | Sumitomo Mitsui Financial Group, Inc.                        | 88,600     | 3,449,472      |
|  |            | \$ 54,664,263 | UBS AG   | 271,743    | 4,602,259      |
| <b>Food &amp; Drug Stores – 0.9%</b>             |            |               | Wells Fargo & Co.  | 328,543    | 18,204,568     |
| CVS Health Corp.                                 | 264,807    | \$ 21,306,371 |  |            | \$ 184,117,887 |
| Kroger Co.                                       | 149,285    | 3,481,326     | <b>Medical &amp; Health Technology &amp; Services – 0.5%</b> |            |                |
|  |            | \$ 24,787,697 | Express Scripts Holding Co. (a)                              | 42,931     | \$ 2,740,715   |
|  |            |               | HCA Healthcare, Inc. (a)                                     | 22,731     | 1,982,143      |



## Portfolio of Investments (unaudited) – continued

| Issuer  | Shares/Par | Value (\$)            |
|---|------------|-----------------------|
| <b>COMMON STOCKS – continued</b>                                  |            |                       |
| <b>Medical &amp; Health Technology &amp; Services – continued</b> |            |                       |
| McKesson Corp.  | 51,720     | \$ 8,510,009          |
|   |            | <u>\$ 13,232,867</u>  |
| <b>Medical Equipment – 3.1%</b>                                   |            |                       |
| Abbott Laboratories   | 438,580    | \$ 21,319,374         |
| Danaher Corp.   | 197,924    | 16,702,806            |
| Medtronic PLC   | 254,169    | 22,557,499            |
| Thermo Fisher Scientific, Inc.                                    | 104,364    | 18,208,387            |
| Zimmer Biomet Holdings, Inc.                                      | 40,451     | 5,193,908             |
|   |            | <u>\$ 83,981,974</u>  |
| <b>Metals &amp; Mining – 0.3%</b>                                 |            |                       |
| Rio Tinto Ltd.  | 172,034    | \$ 7,264,207          |
| <b>Natural Gas – Distribution – 0.2%</b>                          |            |                       |
| Engie   | 199,563    | \$ 3,012,106          |
| Sempra Energy   | 30,954     | 3,490,064             |
|   |            | <u>\$ 6,502,170</u>   |
| <b>Natural Gas – Pipeline – 0.8%</b>                              |            |                       |
| Enterprise Products Partners LP                                   | 411,628    | \$ 11,146,886         |
| Plains All American Pipeline LP                                   | 160,930    | 4,227,631             |
| Williams Partners LP  | 180,562    | 7,242,342             |
|   |            | <u>\$ 22,616,859</u>  |
| <b>Network &amp; Telecom – 0.7%</b>                               |            |                       |
| Cisco Systems, Inc.   | 475,583    | \$ 14,885,748         |
| Motorola Solutions, Inc.  | 30,763     | 2,668,383             |
|   |            | <u>\$ 17,554,131</u>  |
| <b>Oil Services – 0.4%</b>  |            |                       |
| Schlumberger Ltd.   | 172,291    | \$ 11,343,639         |
| <b>Other Banks &amp; Diversified Financials – 2.3%</b>            |            |                       |
| American Express Co.  | 63,731     | \$ 5,368,699          |
| Citigroup, Inc.   | 392,480    | 26,249,062            |
| Discover Financial Services                                       | 96,796     | 6,019,743             |
| SunTrust Banks, Inc.  | 52,397     | 2,971,958             |
| U.S. Bancorp  | 376,267    | 19,535,783            |
| Visa, Inc., "A"   | 33,969     | 3,185,613             |
|   |            | <u>\$ 63,330,858</u>  |
| <b>Pharmaceuticals – 4.1%</b>                                     |            |                       |
| Allergan PLC  | 10,855     | \$ 2,638,742          |
| Bayer AG  | 96,232     | 12,441,964            |
| Eli Lilly & Co.   | 199,211    | 16,395,065            |
| Johnson & Johnson   | 251,445    | 33,263,659            |
| Merck & Co., Inc.   | 277,522    | 17,786,385            |
| Novartis AG   | 15,805     | 1,315,298             |
| Pfizer, Inc.  | 769,522    | 25,848,244            |
| Roche Holding AG  | 4,536      | 1,155,169             |
|   |            | <u>\$ 110,844,526</u> |
| <b>Printing &amp; Publishing – 0.3%</b>                           |            |                       |
| Moody's Corp.   | 31,819     | \$ 3,871,736          |
| S&P Global, Inc.  | 8,992      | 1,312,742             |
| Transcontinental, Inc., "A"                                       | 151,282    | 2,998,109             |
|   |            | <u>\$ 8,182,587</u>   |

| Issuer  | Shares/Par | Value (\$)                    |
|---|------------|-------------------------------|
| <b>COMMON STOCKS – continued</b>                                  |            |                               |
| <b>Railroad &amp; Shipping – 0.9%</b>                             |            |                               |
| Canadian National Railway Co.                                     | 40,726     | \$ 3,300,842                  |
| Union Pacific Corp.   | 199,689    | 21,748,129                    |
|   |            | <u>\$ 25,048,971</u>          |
| <b>Real Estate – 1.1%</b>   |            |                               |
| Annaly Mortgage Management, Inc., REIT                            | 195,456    | \$ 2,355,245                  |
| LaSalle Hotel Properties, REIT                                    | 61,872     | 1,843,786                     |
| Medical Properties Trust, Inc., REIT                              | 753,016    | 9,691,316                     |
| Public Storage, Inc., REIT  | 10,419     | 2,172,674                     |
| Starwood Property Trust, Inc., REIT                               | 296,771    | 6,644,703                     |
| Store Capital Corp., REIT   | 189,040    | 4,243,948                     |
| Washington Prime Group, Inc., REIT                                | 369,548    | 3,093,117                     |
|   |            | <u>\$ 30,044,789</u>          |
| <b>Restaurants – 0.2%</b>   |            |                               |
| Aramark   | 99,986     | \$ 4,097,426                  |
| Starbucks Corp.   | 39,594     | 2,308,726                     |
|   |            | <u>\$ 6,406,152</u>           |
| <b>Specialty Chemicals – 0.2%</b>                                 |            |                               |
| Axalta Coating Systems Ltd. (a)                                   | 146,216    | \$ 4,684,761                  |
| <b>Specialty Stores – 0.8%</b>                                    |            |                               |
| Advance Auto Parts, Inc.  | 10,105     | \$ 1,178,142                  |
| Best Buy Co., Inc.  | 154,499    | 8,857,428                     |
| Gap, Inc.   | 261,540    | 5,751,265                     |
| Ross Stores, Inc.   | 94,455     | 5,452,887                     |
|   |            | <u>\$ 21,239,722</u>          |
| <b>Telephone Services – 0.5%</b>                                  |            |                               |
| TDC A.S.  | 379,767    | \$ 2,208,480                  |
| Verizon Communications, Inc.                                      | 250,240    | 11,175,718                    |
|   |            | <u>\$ 13,384,198</u>          |
| <b>Tobacco – 2.7%</b>   |            |                               |
| Altria Group, Inc.  | 276,181    | \$ 20,567,199                 |
| Japan Tobacco, Inc.   | 45,500     | 1,596,697                     |
| Philip Morris International, Inc.                                 | 435,568    | 51,157,462                    |
|   |            | <u>\$ 73,321,358</u>          |
| <b>Trucking – 0.4%</b>  |            |                               |
| United Parcel Service, Inc., "B"                                  | 107,641    | \$ 11,904,018                 |
| <b>Utilities – Electric Power – 1.8%</b>                          |            |                               |
| American Electric Power Co., Inc.                                 | 77,074     | \$ 5,354,331                  |
| Duke Energy Corp.   | 111,734    | 9,339,845                     |
| Exelon Corp.  | 348,615    | 12,574,543                    |
| FirstEnergy Corp.   | 88,117     | 2,569,492                     |
| PPL Corp.   | 269,151    | 10,405,378                    |
| Public Service Enterprise Group, Inc.                             | 66,494     | 2,859,907                     |
| SSE PLC   | 112,944    | 2,137,419                     |
| WEC Energy Group, Inc.  | 45,743     | 2,807,705                     |
| Xcel Energy, Inc.   | 37,628     | 1,726,373                     |
|   |            | <u>\$ 49,774,993</u>          |
| <b>Total Common Stocks<br/>(Identified Cost, \$1,127,993,709)</b> |            | <b><u>\$1,626,206,548</u></b> |

MFS Total Return Series

Portfolio of Investments (unaudited) – continued

| Issuer   | Shares/Par   | Value (\$)   | Issuer  | Shares/Par   | Value (\$)    |
|--|--------------|--------------|---|--------------|---------------|
| <b>BONDS – 38.2%</b>   |              |              | <b>BONDS – continued</b>  |              |               |
| <b>Agency – Other – 0.1%</b>   |              |              | <b>Asset-Backed &amp; Securitized – continued</b>                       |              |               |
| Financing Corp., 9.65%, 11/02/2018   | \$ 1,275,000 | \$ 1,412,230 | Wells Fargo Commercial Mortgage Trust, 2015-C28, "A4", 3.54%, 5/15/2048 | \$ 4,315,766 | \$ 4,444,474  |
| <b>Apparel Manufacturers – 0.1%</b>  |              |              |   |              | \$ 66,300,022 |
| Coach, Inc., 4.125%, 7/15/2027   | \$ 1,735,000 | \$ 1,716,113 | <b>Automotive – 0.1%</b>  |              |               |
| <b>Asset-Backed &amp; Securitized – 2.4%</b>                                   |              |              | General Motors Co., 6.75%, 4/01/2046                                    | \$ 1,124,000 | \$ 1,333,084  |
| Bayview Financial Revolving Mortgage Loan Trust, FRN, 2.822%, 12/28/2040 (z)   | \$ 2,148,869 | \$ 1,672,114 | General Motors Financial Co., Inc., 3.2%, 7/06/2021                     | 2,353,000    | 2,379,448     |
| BlackRock Capital Finance LP, 7.75%, 9/25/2026 (z)                             | 19,368       | 1,973        |   |              | \$ 3,712,532  |
| Cent CLO LP, 2013-17A, "A1", FRN, 2.469%, 1/30/2025 (n)                        | 2,310,058    | 2,311,238    | <b>Brokerage &amp; Asset Managers – 0.2%</b>                            |              |               |
| Cent CLO LP, 2014-21A, "A1", FRN, 2.38%, 7/27/2026 (n)                         | 2,944,489    | 2,948,969    | Intercontinental Exchange, Inc., 2.75%, 12/01/2020                      | \$ 903,000   | \$ 919,978    |
| Chesapeake Funding II LLC, 2016-2A, "A2", FRN, 2.158%, 6/15/2028 (z)           | 3,296,353    | 3,310,903    | Intercontinental Exchange, Inc., 4%, 10/15/2023                         | 2,519,000    | 2,646,252     |
| Commercial Mortgage Trust, 2015-LC21, "A4", 3.708%, 7/10/2048                  | 3,980,975    | 4,150,673    | Raymond James Financial, 4.95%, 7/15/2046                               | 2,325,000    | 2,523,125     |
| Commercial Mortgage Trust, 2017-CD4, "A4", FRN, 3.514%, 5/10/2050              | 4,708,829    | 4,868,665    |   |              | \$ 6,089,355  |
| Credit Suisse Mortgage Capital Certificate, 5.695%, 9/15/2040                  | 1,755,590    | 1,753,867    | <b>Business Services – 0.0%</b>   |              |               |
| CSAIL Commercial Mortgage Trust, 2015-C2, "A4", 3.504%, 6/15/2057              | 2,316,427    | 2,373,543    | Fidelity National Information Services, Inc., 4.5%, 8/15/2046           | \$ 630,000   | \$ 646,264    |
| Dryden Senior Loan Fund, 2013-26A, "A", CLO, FRN, 2.258%, 7/15/2025 (n)        | 3,273,000    | 3,277,834    | <b>Cable TV – 0.2%</b>  |              |               |
| Dryden Senior Loan Fund, 2014-34A, "AR", FRN, 2.318%, 10/15/2026 (n)           | 4,414,000    | 4,422,921    | Comcast Corp., 4.6%, 8/15/2045  | \$ 2,249,000 | \$ 2,452,512  |
| Ford Credit Auto Owner Trust, 2014-1, "A", 2.26%, 11/15/2025 (n)               | 1,735,000    | 1,750,921    | Time Warner Entertainment Co. LP, 8.375%, 7/15/2033                     | 2,855,000    | 3,919,664     |
| Ford Credit Auto Owner Trust, 2014-2, "A", 2.31%, 4/15/2026 (n)                | 1,465,000    | 1,479,178    |   |              | \$ 6,372,176  |
| Fortress Credit BSL Ltd., 2013-1A, "A", FRN, 2.338%, 1/19/2025 (n)             | 1,844,804    | 1,846,421    | <b>Chemicals – 0.0%</b>   |              |               |
| GMAC Mortgage Corp. Loan Trust, 5.805%, 10/25/2036                             | 640,464      | 619,060      | Sherwin-Williams Co., 4.5%, 6/01/2047                                   | \$ 1,201,000 | \$ 1,258,441  |
| GS Mortgage Securities Trust, 2015-GC30, "A4", 3.382%, 5/10/2050               | 4,243,101    | 4,328,398    | <b>Computer Software – 0.2%</b>   |              |               |
| GS Mortgage Securities Trust, 2017-GS6, "A3", 3.433%, 5/10/2050                | 2,128,142    | 2,176,386    | Microsoft Corp., 4.25%, 2/06/2047                                       | \$ 4,505,000 | \$ 4,877,356  |
| ING Investment Management Ltd., 2013-2A, "A1", CLO, FRN, 2.306%, 4/25/2025 (n) | 2,971,000    | 2,972,364    | <b>Computer Software – Systems – 0.3%</b>                               |              |               |
| JPMBB Commercial Mortgage Securities Trust, 2014-C26, 3.494%, 1/15/2048        | 4,880,000    | 5,025,027    | Apple, Inc., 2.85%, 2/23/2023   | \$ 3,502,000 | \$ 3,562,721  |
| JPMBB Commercial Mortgage Securities Trust, 2015-C28, "A4", 3.227%, 10/15/2048 | 3,256,792    | 3,292,018    | Apple, Inc., 3.35%, 2/09/2027   | 2,239,000    | 2,289,004     |
| Morgan Stanley Capital I Trust, 2017-H1, "A5", 3.53%, 6/15/2050                | 1,456,742    | 1,503,815    | Apple, Inc., 3.85%, 5/04/2043   | 1,303,000    | 1,302,638     |
| Morgan Stanley Capital I, Inc., FRN, 1.273%, 11/15/2030 (i)(n)                 | 1,517,872    | 4,397        |   |              | \$ 7,154,363  |
| Mountain Hawk CLO Ltd., 2014-3A, "BR", FRN, 2.958%, 4/18/2025 (z)              | 4,534,203    | 4,534,171    | <b>Conglomerates – 0.1%</b>   |              |               |
| Residential Funding Mortgage Securities, Inc., 5.32%, 12/25/2035               | 1,227,173    | 1,230,692    | General Electric Capital Corp., FRN, 1.775%, 1/09/2020                  | \$ 1,939,000 | \$ 1,961,715  |
|  |              |              | <b>Consumer Products – 0.2%</b>   |              |               |
|  |              |              | Newell Rubbermaid, Inc., 3.85%, 4/01/2023                               | \$ 2,769,000 | \$ 2,907,281  |
|  |              |              | Reckitt Benckiser Treasury Services PLC, 3.625%, 9/21/2023 (n)          | 3,463,000    | 3,639,939     |
|  |              |              |   |              | \$ 6,547,220  |
|  |              |              | <b>Consumer Services – 0.1%</b>   |              |               |
|  |              |              | Visa, Inc., 3.15%, 12/14/2025   | \$ 3,594,000 | \$ 3,648,870  |
|  |              |              | <b>Emerging Market Quasi-Sovereign – 0.2%</b>                           |              |               |
|  |              |              | Petroleos Mexicanos, 3.125%, 1/23/2019                                  | \$ 1,277,000 | \$ 1,285,939  |
|  |              |              | State Grid Overseas Investment (2014) Ltd., 2.75%, 5/07/2019 (z)        | 2,591,000    | 2,614,840     |
|  |              |              | State Grid Overseas Investment (2016) Ltd., 2.75%, 5/04/2022 (n)        | 1,893,000    | 1,884,084     |
|  |              |              |   |              | \$ 5,784,863  |

## Portfolio of Investments (unaudited) – continued

| Issuer   | Shares/Par   | Value (\$)    | Issuer   | Shares/Par   | Value (\$)    |
|--|--------------|---------------|--|--------------|---------------|
| <b>BONDS – continued</b>                                 |              |               | <b>BONDS – continued</b>   |              |               |
| <b>Emerging Market Sovereign – 0.1%</b>                  |              |               | <b>Local Authorities – 0.2%</b>  |              |               |
| United Mexican States, 4.75%, 3/08/2044                  | \$ 2,089,000 | \$ 2,091,089  | New Jersey Turnpike Authority Rev. (Build America Bonds), "F", 7.414%, 1/01/2040 | \$ 3,685,000 | \$ 5,534,907  |
| <b>Energy – Integrated – 0.5%</b>                        |              |               | <b>Major Banks – 2.1%</b>  |              |               |
| BP Capital Markets PLC, 4.5%, 10/01/2020                 | \$ 1,054,000 | \$ 1,131,714  | ABN AMRO Bank N.V., 4.8%, 4/18/2026 (n)  | \$ 2,400,000 | \$ 2,548,394  |
| BP Capital Markets PLC, 4.742%, 3/11/2021                | 3,027,000    | 3,289,432     | Bank of America Corp., 5.49%, 3/15/2019  | 2,989,000    | 3,145,716     |
| Chevron Corp., 1.351%, 11/15/2017                        | 5,248,000    | 5,252,177     | Bank of America Corp., 4.1%, 7/24/2023   | 3,870,000    | 4,096,863     |
| Shell International Finance B.V., 3.75%, 9/12/2046       | 2,854,000    | 2,700,769     | Bank of America Corp., 4.125%, 1/22/2024   | 5,102,000    | 5,383,921     |
|  |              | \$ 12,374,092 | Bank of America Corp., 4.183%, 11/25/2027  | 2,500,000    | 2,542,713     |
| <b>Financial Institutions – 0.0%</b>                     |              |               | Credit Suisse Group AG, 6.5%, 8/08/2023 (n)                                      | 1,300,000    | 1,460,940     |
| GE Capital International Funding Co., 3.373%, 11/15/2025 | \$ 1,258,000 | \$ 1,300,718  | Goldman Sachs Group, Inc., 3.85%, 1/26/2027                                      | 3,359,000    | 3,417,138     |
| <b>Food &amp; Beverages – 0.4%</b>                       |              |               | HSBC Holdings PLC, 6% to 5/22/2027, FRN to 11/22/2065                            | 1,468,000    | 1,517,912     |
| Anheuser-Busch InBev S.A., 8%, 11/15/2039                | \$ 3,600,000 | \$ 5,520,611  | ING Bank N.V., 5.8%, 9/25/2023 (n)   | 3,438,000    | 3,882,159     |
| Danone S.A., 2.947%, 11/02/2026 (n)                      | 3,438,000    | 3,322,995     | JPMorgan Chase & Co., 6.3%, 4/23/2019  | 3,410,000    | 3,670,077     |
| Diageo Capital PLC, 2.625%, 4/29/2023                    | 1,270,000    | 1,281,156     | JPMorgan Chase & Co., 3.782% to 2/01/2027, FRN to 2/01/2028                      | 3,438,000    | 3,515,757     |
| Wm. Wrigley Jr. Co., 2.4%, 10/21/2018 (n)                | 756,000      | 761,103       | Morgan Stanley, 3.875%, 4/29/2024  | 3,188,000    | 3,313,253     |
|  |              | \$ 10,885,865 | Morgan Stanley, 6.625%, 4/01/2018  | 4,287,000    | 4,439,231     |
| <b>Food &amp; Drug Stores – 0.2%</b>                     |              |               | Morgan Stanley, 4%, 7/23/2025  | 1,206,000    | 1,258,744     |
| CVS Health Corp., 3.875%, 7/20/2025                      | \$ 3,328,000 | \$ 3,460,275  | Morgan Stanley, 3.625%, 1/20/2027  | 3,421,000    | 3,445,597     |
| Walgreens Boots Alliance, Inc., 4.5%, 11/18/2034         | 1,318,000    | 1,383,076     | Royal Bank of Scotland Group PLC, 3.875%, 9/12/2023                              | 3,418,000    | 3,490,151     |
|  |              | \$ 4,843,351  | UBS Group Funding (Jersey) Ltd., 4.125%, 4/15/2026 (z)                           | 2,536,000    | 2,644,767     |
| <b>Insurance – 0.3%</b>                                  |              |               | UBS Group Funding (Switzerland) AG, 4.253%, 3/23/2028 (n)                        | 2,529,000    | 2,642,122     |
| American International Group, Inc., 4.875%, 6/01/2022    | \$ 5,088,000 | \$ 5,582,833  |  |              | \$ 56,415,455 |
| American International Group, Inc., 4.125%, 2/15/2024    | 2,620,000    | 2,766,199     | <b>Medical &amp; Health Technology &amp; Services – 0.2%</b>                     |              |               |
|  |              | \$ 8,349,032  | Becton, Dickinson and Co., 2.675%, 12/15/2019                                    | \$ 1,605,000 | \$ 1,624,652  |
| <b>Insurance – Health – 0.2%</b>                         |              |               | Laboratory Corp. of America Holdings, 3.2%, 2/01/2022                            | 660,000      | 673,572       |
| UnitedHealth Group, Inc., 3.75%, 7/15/2025               | \$ 3,987,000 | \$ 4,199,316  | Laboratory Corp. of America Holdings, 4.7%, 2/01/2045                            | 802,000      | 826,515       |
| <b>Insurance – Property &amp; Casualty – 0.2%</b>        |              |               | Thermo Fisher Scientific, Inc., 2.95%, 9/19/2026                                 | 2,583,000    | 2,511,676     |
| Berkshire Hathaway, Inc., 3.125%, 3/15/2026              | \$ 1,162,000 | \$ 1,175,073  |  |              | \$ 5,636,415  |
| Liberty Mutual Group, Inc., 4.85%, 8/01/2044 (n)         | 1,469,000    | 1,576,105     | <b>Medical Equipment – 0.3%</b>  |              |               |
| Marsh & McLennan Cos., Inc., 4.8%, 7/15/2021             | 3,270,000    | 3,555,036     | Abbott Laboratories, 4.9%, 11/30/2046  | \$ 2,249,000 | \$ 2,477,134  |
|  |              | \$ 6,306,214  | Medtronic, Inc., 4.375%, 3/15/2035   | 2,886,000    | 3,152,280     |
| <b>International Market Quasi-Sovereign – 0.4%</b>       |              |               | Zimmer Holdings, Inc., 3.55%, 4/01/2025  | 3,762,000    | 3,799,951     |
| KFW International Finance, Inc., 4.875%, 6/17/2019       | \$ 4,560,000 | \$ 4,847,380  |  |              | \$ 9,429,365  |
| Temasek Financial I Ltd., 2.375%, 1/23/2023 (n)          | 6,400,000    | 6,322,065     | <b>Metals &amp; Mining – 0.1%</b>  |              |               |
|  |              | \$ 11,169,445 | Glencore Funding LLC, 4.125%, 5/30/2023 (n)                                      | \$ 2,067,000 | \$ 2,120,928  |
| <b>Internet – 0.2%</b>                                   |              |               | <b>Midstream – 0.6%</b>  |              |               |
| Baidu, Inc., 3.5%, 11/28/2022                            | \$ 3,950,000 | \$ 4,035,762  | APT Pipelines Ltd., 4.2%, 3/23/2025 (n)  | \$ 3,780,000 | \$ 3,902,158  |
|  |              |               | APT Pipelines Ltd., 4.25%, 7/15/2027 (n)   | 280,000      | 286,643       |

MFS Total Return Series

Portfolio of Investments (unaudited) – continued

| Issuer   | Shares/Par   | Value (\$)           |
|--|--------------|----------------------|
| <b>BONDS – continued</b>                           |              |                      |
| <b>Midstream – continued</b>                       |              |                      |
| Enterprise Products Operating LP, 6.5%, 1/31/2019  | \$ 2,995,000 | \$ 3,194,647         |
| Kinder Morgan Energy Partners LP, 4.15%, 2/01/2024 | 1,369,000    | 1,407,280            |
| Kinder Morgan Energy Partners LP, 7.4%, 3/15/2031  | 1,023,000    | 1,230,580            |
| Phillips 66 Partners LP, 4.9%, 10/01/2046          | 2,027,000    | 1,995,395            |
| Sabine Pass Liquefaction LLC, 5%, 3/15/2027        | 3,392,000    | 3,610,689            |
|  |              | <u>\$ 15,627,392</u> |
| <b>Mortgage-Backed – 11.1%</b>                     |              |                      |
| Fannie Mae, 6%, 8/01/2017 - 7/01/2037              | \$ 7,826,734 | \$ 8,884,116         |
| Fannie Mae, 5.5%, 11/01/2017 - 4/01/2040           | 15,095,962   | 16,811,761           |
| Fannie Mae, 3.8%, 2/01/2018                        | 303,446      | 304,335              |
| Fannie Mae, 5%, 2/01/2018 - 3/01/2041              | 6,461,179    | 7,067,016            |
| Fannie Mae, 4.5%, 4/01/2018 - 6/01/2044            | 15,068,859   | 16,280,728           |
| Fannie Mae, 2.578%, 9/25/2018                      | 1,782,935    | 1,789,953            |
| Fannie Mae, 4.6%, 9/01/2019                        | 469,814      | 495,181              |
| Fannie Mae, 2.59%, 5/01/2023                       | 467,561      | 475,715              |
| Fannie Mae, 2.7%, 7/01/2025                        | 367,000      | 367,100              |
| Fannie Mae, 3.43%, 6/01/2026                       | 591,266      | 620,229              |
| Fannie Mae, 3%, 4/01/2027 - 11/01/2046             | 12,062,160   | 12,225,823           |
| Fannie Mae, 6.5%, 6/01/2031 - 7/01/2037            | 2,435,331    | 2,762,314            |
| Fannie Mae, 4%, 9/01/2040 - 2/01/2045              | 31,462,342   | 33,216,959           |
| Fannie Mae, 3.5%, 11/01/2041 - 1/01/2047           | 43,585,579   | 44,896,988           |
| Fannie Mae, FRN, 2.683%, 12/25/2026                | 1,585,000    | 1,548,018            |
| Fannie Mae, TBA, 4%, 3/01/2047                     | 8,382,200    | 8,811,460            |
| Freddie Mac, 6%, 10/01/2017 - 6/01/2037            | 3,079,093    | 3,472,699            |
| Freddie Mac, 5%, 12/01/2017 - 7/01/2039            | 3,598,380    | 3,917,386            |
| Freddie Mac, 3.154%, 2/25/2018                     | 394,174      | 396,955              |
| Freddie Mac, 4.5%, 5/01/2018 - 5/01/2042           | 3,588,463    | 3,831,714            |
| Freddie Mac, 2.412%, 8/25/2018                     | 1,775,181    | 1,787,614            |
| Freddie Mac, 5.5%, 1/01/2019 - 2/01/2037           | 2,374,326    | 2,636,857            |
| Freddie Mac, 5.085%, 3/25/2019                     | 4,316,000    | 4,512,572            |
| Freddie Mac, 2.456%, 8/25/2019                     | 500,000      | 506,391              |
| Freddie Mac, 1.869%, 11/25/2019                    | 1,266,000    | 1,268,892            |
| Freddie Mac, 2.791%, 1/25/2022                     | 1,485,000    | 1,525,060            |
| Freddie Mac, 2.716%, 6/25/2022                     | 1,059,508    | 1,084,143            |
| Freddie Mac, 2.51%, 11/25/2022                     | 1,272,000    | 1,283,974            |
| Freddie Mac, 3.111%, 2/25/2023                     | 2,136,000    | 2,219,350            |
| Freddie Mac, 3.32%, 2/25/2023                      | 618,000      | 648,866              |
| Freddie Mac, 3.25%, 4/25/2023                      | 2,474,000    | 2,585,277            |
| Freddie Mac, 3.458%, 8/25/2023                     | 2,553,000    | 2,697,372            |
| Freddie Mac, 0.882%, 4/25/2024 (i)                 | 6,165,318    | 307,961              |
| Freddie Mac, 3.171%, 10/25/2024                    | 1,304,000    | 1,354,681            |
| Freddie Mac, 2.67%, 12/25/2024                     | 1,561,000    | 1,568,886            |
| Freddie Mac, 3.329%, 5/25/2025                     | 2,660,000    | 2,784,142            |
| Freddie Mac, 2.673%, 3/25/2026                     | 2,597,000    | 2,578,686            |
| Freddie Mac, 3.3%, 10/25/2026                      | 957,000      | 991,238              |
| Freddie Mac, 3.224%, 3/25/2027                     | 979,000      | 1,007,720            |

| Issuer  | Shares/Par   | Value (\$)            |
|---|--------------|-----------------------|
| <b>BONDS – continued</b>  |              |                       |
| <b>Mortgage-Backed – continued</b>  |              |                       |
| Freddie Mac, 6.5%, 5/01/2034 - 9/01/2037  | \$ 1,567,654 | \$ 1,769,835          |
| Freddie Mac, 4%, 11/01/2040 - 4/01/2044   | 9,584,687    | 10,115,702            |
| Freddie Mac, 3.5%, 2/01/2042 - 1/01/2047  | 28,318,206   | 29,186,614            |
| Freddie Mac, 3%, 3/01/2043 - 11/01/2046   | 19,467,861   | 19,535,492            |
| Freddie Mac, TBA, 4.5%, 9/01/2046   | 13,693,000   | 14,668,797            |
| Ginnie Mae, 6%, 9/15/2032 - 1/15/2038   | 3,089,013    | 3,528,260             |
| Ginnie Mae, 5.5%, 5/15/2033 - 10/15/2035  | 1,922,703    | 2,157,230             |
| Ginnie Mae, 4.5%, 7/20/2033 - 1/20/2041   | 4,747,022    | 5,133,584             |
| Ginnie Mae, 5%, 7/20/2033 - 12/15/2034  | 631,890      | 695,100               |
| Ginnie Mae, 4%, 1/20/2041 - 2/20/2042   | 5,124,235    | 5,439,276             |
| Ginnie Mae, 3.5%, 12/15/2041 - 7/20/2043  | 7,149,220    | 7,437,678             |
| Ginnie Mae, 0.658%, 2/16/2059 (i)   | 7,780,000    | 534,719               |
|   |              | <u>\$ 301,728,419</u> |
| <b>Network &amp; Telecom – 0.4%</b>   |              |                       |
| AT&T, Inc., 3%, 6/30/2022   | \$ 2,565,000 | \$ 2,566,326          |
| AT&T, Inc., 3.4%, 5/15/2025   | 2,565,000    | 2,521,626             |
| AT&T, Inc., 5.45%, 3/01/2047  | 2,695,000    | 2,901,235             |
| Verizon Communications, Inc., 5.05%, 3/15/2034                                  | 3,101,000    | 3,282,920             |
|   |              | <u>\$ 11,272,107</u>  |
| <b>Oils – 0.3%</b>  |              |                       |
| Marathon Petroleum Corp., 3.625%, 9/15/2024                                     | \$ 2,653,000 | \$ 2,680,700          |
| Valero Energy Corp., 4.9%, 3/15/2045  | 4,866,000    | 5,069,355             |
|   |              | <u>\$ 7,750,055</u>   |
| <b>Other Banks &amp; Diversified Financials – 0.5%</b>                          |              |                       |
| Banco de Credito del Peru, 5.375%, 9/16/2020                                    | \$ 2,967,000 | \$ 3,234,030          |
| BBVA Bancomer S.A. de C.V., 6.75%, 9/30/2022 (n)                                | 2,890,000    | 3,283,763             |
| Citigroup, Inc., 2.5%, 9/26/2018  | 2,450,000    | 2,466,606             |
| Citizens Bank N.A., 2.25%, 3/02/2020  | 877,000      | 876,179               |
| Groupe BPCE S.A., 12.5% to 9/30/2019, FRN to 8/29/2049 (n)                      | 3,106,000    | 3,791,246             |
|   |              | <u>\$ 13,651,824</u>  |
| <b>Pharmaceuticals – 0.5%</b>   |              |                       |
| Actavis Funding SCS, 3.8%, 3/15/2025  | \$ 1,429,000 | \$ 1,478,085          |
| Celgene Corp., 2.875%, 8/15/2020  | 1,545,000    | 1,579,883             |
| Gilead Sciences, Inc., 3.7%, 4/01/2024  | 915,000      | 951,222               |
| Gilead Sciences, Inc., 3.5%, 2/01/2025  | 5,767,000    | 5,918,343             |
| Shire Acquisitions Investments Ireland Designated Activity Co., 3.2%, 9/23/2026 | 4,529,000    | 4,428,701             |
|   |              | <u>\$ 14,356,234</u>  |
| <b>Retailers – 0.0%</b>   |              |                       |
| Home Depot, Inc., 5.95%, 4/01/2041  | \$ 989,000   | \$ 1,307,614          |

## Portfolio of Investments (unaudited) – continued

| Issuer   | Shares/Par   | Value (\$)   | Issuer   | Shares/Par   | Value (\$)     |
|--|--------------|--------------|--|--------------|----------------|
| <b>BONDS – continued</b>                               |              |              | <b>BONDS – continued</b>                                 |              |                |
| <b>Telecommunications – Wireless – 0.3%</b>            |              |              | <b>U.S. Treasury Obligations – continued</b>             |              |                |
| American Tower Trust I, REIT,<br>3.07%, 3/15/2023 (n)  | \$ 3,560,000 | \$ 3,587,156 | U.S. Treasury Notes, 2%, 11/15/2026                      | \$ 5,700,000 | \$ 5,557,945   |
| Crown Castle Towers LLC,<br>6.113%, 1/15/2020 (n)      | 2,493,000    | 2,680,204    | U.S. Treasury Notes, 3%, 11/15/2045                      | 3,638,000    | 3,746,998      |
| Crown Castle Towers LLC,<br>4.883%, 8/15/2020 (n)      | 1,270,000    | 1,355,241    |  |              | \$ 368,214,692 |
|  |              | \$ 7,622,601 | <b>Utilities – Electric Power – 0.9%</b>                 |              |                |
| <b>Tobacco – 0.3%</b>                                  |              |              | Berkshire Hathaway Energy Co.,<br>3.75%, 11/15/2023      | \$ 1,930,000 | \$ 2,030,163   |
| Imperial Tobacco Finance PLC,<br>2.95%, 7/21/2020 (z)  | \$ 2,518,000 | \$ 2,560,542 | Duke Energy Corp., 2.65%, 9/01/2026                      | 397,000      | 377,044        |
| Reynolds American, Inc.,<br>5.85%, 8/15/2045           | 3,893,000    | 4,768,146    | Enel Finance International N.V.,<br>4.75%, 5/25/2047 (n) | 1,581,000    | 1,626,784      |
|  |              | \$ 7,328,688 | Exelon Corp., 3.4%, 4/15/2026                            | 3,438,000    | 3,426,407      |
| <b>Transportation – Services – 0.1%</b>                |              |              | MidAmerican Funding LLC,<br>6.927%, 3/01/2029            | 903,000      | 1,191,466      |
| ERAC USA Finance LLC,<br>7%, 10/15/2037 (n)            | \$ 2,696,000 | \$ 3,499,694 | Oncor Electric Delivery Co.,<br>7%, 9/01/2022            | 2,810,000    | 3,382,695      |
| <b>U.S. Government Agencies and Equivalents – 0.1%</b> |              |              | PPL Capital Funding, Inc., 5%, 3/15/2044                 | 870,000      | 980,823        |
| Small Business Administration,<br>4.35%, 7/01/2023     | \$ 3,980     | \$ 4,132     | PPL Corp., 3.4%, 6/01/2023                               | 2,940,000    | 3,021,444      |
| Small Business Administration,<br>4.77%, 4/01/2024     | 234,802      | 246,385      | Progress Energy, Inc., 3.15%, 4/01/2022                  | 3,893,000    | 3,974,181      |
| Small Business Administration,<br>5.18%, 5/01/2024     | 358,830      | 379,354      | Southern Co., 3.25%, 7/01/2026                           | 3,913,000    | 3,827,935      |
| Small Business Administration,<br>5.52%, 6/01/2024     | 17,540       | 18,641       |  |              | \$ 23,838,942  |
| Small Business Administration,<br>4.99%, 9/01/2024     | 380,630      | 402,162      | <b>Total Bonds</b>                                       |              |                |
| Small Business Administration,<br>4.95%, 3/01/2025     | 12,309       | 13,003       | <b>(Identified Cost, \$1,011,605,961)</b>                |              |                |
| Small Business Administration,<br>5.11%, 8/01/2025     | 1,189,673    | 1,260,297    | <b>PREFERRED STOCKS – 0.0%</b>                           |              |                |
|  |              | \$ 2,323,974 | <b>Automotive – 0.0%</b>                                 |              |                |
| <b>U.S. Treasury Obligations – 13.5%</b>               |              |              | Hyundai Motor Co. Ltd.<br>(Identified Cost, \$1,175,416) | 11,533       | \$ 1,174,317   |
| U.S. Treasury Bonds, 8%, 11/15/2021                    | \$ 723,000   | \$ 911,121   | <b>CONVERTIBLE PREFERRED STOCKS – 0.8%</b>               |              |                |
| U.S. Treasury Bonds, 6%, 2/15/2026                     | 777,000      | 1,007,338    | <b>Food &amp; Beverages – 0.3%</b>                       |              |                |
| U.S. Treasury Bonds, 6.75%, 8/15/2026                  | 2,569,000    | 3,524,447    | Tyson Foods, Inc., 4.75%                                 | 105,400      | \$ 7,144,012   |
| U.S. Treasury Bonds, 5.375%, 2/15/2031                 | 574,000      | 771,447      | <b>Pharmaceuticals – 0.5%</b>                            |              |                |
| U.S. Treasury Bonds, 4.5%, 2/15/2036                   | 1,203,000    | 1,552,810    | Allergan PLC, 5.5%                                       | 16,401       | \$ 14,237,380  |
| U.S. Treasury Bonds, 5%, 5/15/2037                     | 1,609,000    | 2,207,661    | <b>Total Convertible Preferred Stocks</b>                |              |                |
| U.S. Treasury Bonds, 4.5%, 8/15/2039                   | 13,795,600   | 17,871,772   | <b>(Identified Cost, \$21,274,081)</b>                   |              |                |
| U.S. Treasury Bonds, 2.875%, 5/15/2043                 | 49,321,500   | 49,799,327   | <b>MONEY MARKET FUNDS – 2.0%</b>                         |              |                |
| U.S. Treasury Bonds, 2.5%, 2/15/2045                   | 9,797,000    | 9,142,972    | MFS Institutional Money Market                           |              |                |
| U.S. Treasury Notes, 1.375%, 2/29/2020                 | 2,412,000    | 2,403,519    | Portfolio, 0.98% (v)                                     |              |                |
| U.S. Treasury Notes, 1.75%, 11/30/2021                 | 54,155,000   | 54,013,276   | (Identified Cost, \$53,639,872)                          |              |                |
| U.S. Treasury Notes, 3.75%, 11/15/2018                 | 3,807,000    | 3,930,728    | <b>Total Investments</b>                                 |              |                |
| U.S. Treasury Notes, 2.75%, 2/15/2019                  | 41,829,000   | 42,760,365   | <b>(Identified Cost, \$2,215,689,039)</b>                |              |                |
| U.S. Treasury Notes, 3.125%, 5/15/2019                 | 33,754,000   | 34,843,107   | <b>OTHER ASSETS, LESS</b>                                |              |                |
| U.S. Treasury Notes, 1%, 6/30/2019                     | 5,900,000    | 5,856,210    | <b>LIABILITIES – (0.6%)</b>                              |              |                |
| U.S. Treasury Notes, 1.625%, 6/30/2019                 | 51,423,000   | 51,651,987   | <b>(15,725,041)</b>                                      |              |                |
| U.S. Treasury Notes, 3.5%, 5/15/2020                   | 25,260,000   | 26,648,315   | <b>NET ASSETS – 100.0%</b>                               |              |                |
| U.S. Treasury Notes, 3.125%, 5/15/2021                 | 17,180,000   | 18,075,233   | <b>\$2,727,376,765</b>                                   |              |                |
| U.S. Treasury Notes, 2.5%, 8/15/2023                   | 31,120,000   | 31,938,114   |  |              |                |

## MFS Total Return Series

Portfolio of Investments (unaudited) – continued

- (a) Non-income producing security.
- (i) Interest only security for which the fund receives interest on notional principal (Par amount). Par amount shown is the notional principal and does not reflect the cost of the security.
- (n) Securities exempt from registration under Rule 144A of the Securities Act of 1933. These securities may be sold in the ordinary course of business in transactions exempt from registration, normally to qualified institutional buyers. At period end, the aggregate value of these securities was \$75,187,966 representing 2.8% of net assets.
- (v) Underlying affiliated fund that is available only to investment companies managed by MFS. The rate quoted for the MFS Institutional Money Market Portfolio is the annualized seven-day yield of the fund at period end.
- (z) Restricted securities are not registered under the Securities Act of 1933 and are subject to legal restrictions on resale. These securities generally may be resold in transactions exempt from registration or to the public if the securities are subsequently registered. Disposal of these securities may involve time-consuming negotiations and prompt sale at an acceptable price may be difficult. The fund holds the following restricted securities:

| <b>Restricted Securities</b>   | <b>Acquisition<br/>Date</b> | <b>Cost</b> | <b>Value</b>        |
|--|-----------------------------|-------------|---------------------|
| Bayview Financial Revolving Mortgage Loan Trust, FRN, 2.822%, 12/28/2040 | 3/01/06                     | \$2,148,869 | \$1,672,114         |
| BlackRock Capital Finance LP, 7.75%, 9/25/2026                           | 8/16/13                     | 18,617      | 1,973               |
| Chesapeake Funding II LLC, 2016-2A, "A2", FRN, 2.158%, 6/15/2028         | 6/14/16                     | 3,296,353   | 3,310,903           |
| Imperial Tobacco Finance PLC, 2.95%, 7/21/2020                           | 7/15/15                     | 2,500,830   | 2,560,542           |
| Mountain Hawk CLO Ltd., 2014-3A, "BR", FRN, 2.958%, 4/18/2025            | 4/04/17                     | 4,534,203   | 4,534,171           |
| State Grid Overseas Investment (2014) Ltd., 2.75%, 5/07/2019             | 4/28/14                     | 2,581,742   | 2,614,840           |
| UBS Group Funding (Jersey) Ltd., 4.125%, 4/15/2026                       | 3/29/16                     | 2,530,970   | 2,644,767           |
| <b>Total Restricted Securities</b>                                       |                             |             | <b>\$17,339,310</b> |
| <b>% of Net assets</b>   |                             |             | <b>0.6%</b>         |

The following abbreviations are used in this report and are defined:

|      |  |
|------|--|
| ADR  | American Depositary Receipt  |
| CLO  | Collateralized Loan Obligation   |
| FRN  | Floating Rate Note. Interest rate resets periodically and the current rate may not be the rate reported at period end. |
| PLC  | Public Limited Company   |
| REIT | Real Estate Investment Trust   |
| TBA  | To Be Announced  |

**See Notes to Financial Statements**

## FINANCIAL STATEMENTS | STATEMENT OF ASSETS AND LIABILITIES (unaudited)

This statement represents your fund's balance sheet, which details the assets and liabilities comprising the total value of the fund.

At 6/30/17

### Assets

|   |                 |
|---|-----------------|
| Investments   |                 |
| Non-affiliated issuers, at value (identified cost, \$2,162,049,167)   | \$2,689,457,967 |
| Underlying affiliated funds, at value (identified cost, \$53,639,872) | 53,643,839      |
| Total investments, at value (identified cost, \$2,215,689,039)        | \$2,743,101,806 |
| Cash  | 556,299         |
| Foreign currency, at value (identified cost, \$88,004)                | 87,700          |
| Receivables for   |                 |
| Investments sold  | 2,731,201       |
| Fund shares sold  | 144,926         |
| Interest and dividends  | 10,069,222      |
| Receivable from investment adviser                                    | 76,529          |
| Other assets  | 5,466           |
| Total assets  | \$2,756,773,149 |

### Liabilities

|  |                 |
|--|-----------------|
| Payables for                                   |                 |
| Investments purchased                          | \$3,389,513     |
| TBA purchase commitments                       | 23,583,952      |
| Fund shares reacquired                         | 2,186,627       |
| Payable to affiliates                          |                 |
| Shareholder servicing costs                    | 1,784           |
| Distribution and/or service fees               | 18,782          |
| Payable for independent Trustees' compensation | 2,171           |
| Accrued expenses and other liabilities         | 213,555         |
| Total liabilities                              | \$29,396,384    |
| Net assets                                     | \$2,727,376,765 |

### Net assets consist of

|   |                 |
|---|-----------------|
| Paid-in capital   | \$2,011,312,351 |
| Unrealized appreciation (depreciation) on investments and translation of assets and liabilities in foreign currencies | 527,407,775     |
| Accumulated net realized gain (loss) on investments and foreign currency  | 99,160,318      |
| Undistributed net investment income   | 89,496,321      |
| Net assets  | \$2,727,376,765 |
| Shares of beneficial interest outstanding   | 111,653,058     |

|               | Net assets      | Shares outstanding | Net asset value per share |
|---------------|-----------------|--------------------|---------------------------|
| Initial Class | \$1,359,185,531 | 55,153,036         | \$24.64                   |
| Service Class | 1,368,191,234   | 56,500,022         | 24.22                     |

See Notes to Financial Statements

**FINANCIAL STATEMENTS | STATEMENT OF OPERATIONS (unaudited)**

This statement describes how much your fund earned in investment income and accrued in expenses. It also describes any gains and/or losses generated by fund operations.

**Six months ended 6/30/17****Net investment income**

|   |                     |
|---|---------------------|
| Income                                      |                     |
| Dividends                                   | \$21,526,829        |
| Interest                                    | 16,548,868          |
| Dividends from underlying affiliated funds  | 171,644             |
| Foreign taxes withheld                      | (358,715)           |
| <b>Total investment income</b>              | <b>\$37,888,626</b> |
| Expenses                                    |                     |
| Management fee                              | \$8,889,176         |
| Distribution and/or service fees            | 1,650,118           |
| Shareholder servicing costs                 | 44,241              |
| Administrative services fee                 | 220,943             |
| Independent Trustees' compensation          | 21,957              |
| Custodian fee                               | 69,694              |
| Shareholder communications                  | 126,002             |
| Audit and tax fees                          | 36,597              |
| Legal fees                                  | 13,983              |
| Miscellaneous                               | 32,985              |
| <b>Total expenses</b>                       | <b>\$11,105,696</b> |
| Reduction of expenses by investment adviser | (1,084,794)         |
| <b>Net expenses</b>                         | <b>\$10,020,902</b> |
| <b>Net investment income</b>                | <b>\$27,867,724</b> |

**Realized and unrealized gain (loss) on investments and foreign currency**

|  |                      |
|--|----------------------|
| Realized gain (loss) (identified cost basis)                                       |                      |
| Investments:   |                      |
| Non-affiliated issuers   | \$44,320,449         |
| Underlying affiliated issuers  | (8,478)              |
| Foreign currency   | (7,334)              |
| <b>Net realized gain (loss) on investments and foreign currency</b>                | <b>\$44,304,637</b>  |
| Change in unrealized appreciation (depreciation)                                   |                      |
| Investments  | \$90,545,051         |
| Translation of assets and liabilities in foreign currencies                        | 29,021               |
| <b>Net unrealized gain (loss) on investments and foreign currency translation</b>  | <b>\$90,574,072</b>  |
| <b>Net realized and unrealized gain (loss) on investments and foreign currency</b> | <b>\$134,878,709</b> |
| <b>Change in net assets from operations</b>  | <b>\$162,746,433</b> |

**See Notes to Financial Statements**



## FINANCIAL STATEMENTS | STATEMENTS OF CHANGES IN NET ASSETS

These statements describe the increases and/or decreases in net assets resulting from operations, any distributions, and any shareholder transactions.

|   | Six months ended<br>6/30/17<br>(unaudited) | Year ended<br>12/31/16 |
|---|--|------------------------|
| <b>Change in net assets</b>   |  |                        |
| <b>From operations</b>  |  |                        |
| Net investment income   | \$27,867,724                               | \$57,870,022           |
| Net realized gain (loss) on investments and foreign currency  | 44,304,637                                 | 77,818,859             |
| Net unrealized gain (loss) on investments and foreign currency translation                                      | 90,574,072                                 | 87,821,008             |
| Change in net assets from operations  | \$162,746,433                              | \$223,509,889          |
| <b>Distributions declared to shareholders</b>   |  |                        |
| From net investment income  | \$—  | \$(73,082,831)         |
| From net realized gain on investments   | —  | (85,822,677)           |
| Total distributions declared to shareholders  | \$—  | \$(158,905,508)        |
| Change in net assets from fund share transactions   | \$(71,915,900)                             | \$(42,925,554)         |
| Total change in net assets  | \$90,830,533                               | \$21,678,827           |
| <b>Net assets</b>   |  |                        |
| At beginning of period  | 2,636,546,232                              | 2,614,867,405          |
| At end of period (including undistributed net investment income of \$89,496,321 and \$61,628,597, respectively) | \$2,727,376,765                            | \$2,636,546,232        |

**See Notes to Financial Statements**

## FINANCIAL STATEMENTS | FINANCIAL HIGHLIGHTS

The financial highlights table is intended to help you understand the fund's financial performance for the semiannual period and the past 5 fiscal years. Certain information reflects financial results for a single fund share. The total returns in the table represent the rate that an investor would have earned (or lost) on an investment in the fund share class (assuming reinvestment of all distributions) held for the entire period.

| Initial Class  | Six months<br>ended<br>6/30/17<br>(unaudited) | Years ended 12/31 |             |             |             |             |
|--|---|-------------------|-------------|-------------|-------------|-------------|
|  |   | 2016              | 2015        | 2014        | 2013        | 2012        |
| Net asset value, beginning of period   | \$23.18                                       | \$22.60           | \$24.31     | \$23.44     | \$20.05     | \$18.53     |
| <b>Income (loss) from investment operations</b>                                |   |                   |             |             |             |             |
| Net investment income (d)  | \$0.26  | \$0.54(c)         | \$0.62      | \$0.54      | \$0.45      | \$0.44      |
| Net realized and unrealized gain (loss) on investments<br>and foreign currency | 1.20  | 1.51              | (0.77)      | 1.43        | 3.34        | 1.63        |
| Total from investment operations   | \$1.46  | \$2.05            | \$(0.15)    | \$1.97      | \$3.79      | \$2.07      |
| <b>Less distributions declared to shareholders</b>                             |   |                   |             |             |             |             |
| From net investment income   | \$—   | \$(0.69)          | \$(0.64)    | \$(0.46)    | \$(0.40)    | \$(0.55)    |
| From net realized gain on investments  | —   | (0.78)            | (0.92)      | (0.64)      | —           | —           |
| Total distributions declared to shareholders                                   | \$—   | \$(1.47)          | \$(1.56)    | \$(1.10)    | \$(0.40)    | \$(0.55)    |
| Net asset value, end of period (x)   | \$24.64                                       | \$23.18           | \$22.60     | \$24.31     | \$23.44     | \$20.05     |
| Total return (%) (k)(r)(s)(x)  | 6.30(n)                                       | 9.09(c)           | (0.37)      | 8.50        | 19.05       | 11.26       |
| <b>Ratios (%) (to average net assets)<br/>and Supplemental data:</b>           |   |                   |             |             |             |             |
| Expenses before expense reductions (f)   | 0.71(a)                                       | 0.71(c)           | 0.79        | 0.78        | 0.79        | 0.80        |
| Expenses after expense reductions (f)  | 0.63(a)                                       | 0.62(c)           | 0.65        | 0.67        | 0.73        | 0.77        |
| Net investment income  | 2.21(a)                                       | 2.33(c)           | 2.57        | 2.24        | 2.05        | 2.26        |
| Portfolio turnover   | 15(n)   | 35                | 41          | 32          | 53          | 22          |
| Net assets at end of period (000 omitted)                                      | \$1,359,186                                   | \$1,359,943       | \$1,423,284 | \$1,662,709 | \$1,826,378 | \$1,440,525 |

| Service Class  | Six months<br>ended<br>6/30/17<br>(unaudited) | Years ended 12/31 |             |             |             |           |
|--|---|-------------------|-------------|-------------|-------------|-----------|
|  |   | 2016              | 2015        | 2014        | 2013        | 2012      |
| Net asset value, beginning of period   | \$22.81                                       | \$22.26           | \$23.95     | \$23.12     | \$19.80     | \$18.31   |
| <b>Income (loss) from investment operations</b>                                |   |                   |             |             |             |           |
| Net investment income (d)  | \$0.23  | \$0.47(c)         | \$0.55      | \$0.47      | \$0.39      | \$0.39    |
| Net realized and unrealized gain (loss) on investments<br>and foreign currency | 1.18  | 1.49              | (0.74)      | 1.41        | 3.29        | 1.60      |
| Total from investment operations   | \$1.41  | \$1.96            | \$(0.19)    | \$1.88      | \$3.68      | \$1.99    |
| <b>Less distributions declared to shareholders</b>                             |   |                   |             |             |             |           |
| From net investment income   | \$—   | \$(0.63)          | \$(0.58)    | \$(0.41)    | \$(0.36)    | \$(0.50)  |
| From net realized gain on investments  | —   | (0.78)            | (0.92)      | (0.64)      | —           | —         |
| Total distributions declared to shareholders                                   | \$—   | \$(1.41)          | \$(1.50)    | \$(1.05)    | \$(0.36)    | \$(0.50)  |
| Net asset value, end of period (x)   | \$24.22                                       | \$22.81           | \$22.26     | \$23.95     | \$23.12     | \$19.80   |
| Total return (%) (k)(r)(s)(x)  | 6.18(n)                                       | 8.81(c)           | (0.58)      | 8.24        | 18.74       | 10.93     |
| <b>Ratios (%) (to average net assets)<br/>and Supplemental data:</b>           |   |                   |             |             |             |           |
| Expenses before expense reductions (f)   | 0.96(a)                                       | 0.96(c)           | 1.04        | 1.03        | 1.04        | 1.05      |
| Expenses after expense reductions (f)  | 0.88(a)                                       | 0.87(c)           | 0.90        | 0.92        | 0.98        | 1.02      |
| Net investment income  | 1.96(a)                                       | 2.08(c)           | 2.32        | 1.98        | 1.80        | 2.02      |
| Portfolio turnover   | 15(n)   | 35                | 41          | 32          | 53          | 22        |
| Net assets at end of period (000 omitted)                                      | \$1,368,191                                   | \$1,276,603       | \$1,191,583 | \$1,370,248 | \$1,392,627 | \$872,739 |

See Notes to Financial Statements

*Financial Highlights – continued*

- (a) Annualized.
- (c) Amount reflects a one-time reimbursement of expenses by the custodian (or former custodian) without which net investment income and performance would be lower and expenses would be higher.
- (d) Per share data is based on average shares outstanding.
- (f) Ratios do not reflect reductions from fees paid indirectly, if applicable.
- (k) The total return does not reflect expenses that apply to separate accounts. Inclusion of these charges would reduce the total return figures for all periods shown.
- (n) Not annualized.
- (r) Certain expenses have been reduced without which performance would have been lower.
- (s) From time to time the fund may receive proceeds from litigation settlements, without which performance would be lower.
- (x) The net asset values and total returns have been calculated on net assets which include adjustments made in accordance with U.S. generally accepted accounting principles required at period end for financial reporting purposes.

**See Notes to Financial Statements**

## NOTES TO FINANCIAL STATEMENTS (unaudited)

### (1) Business and Organization

MFS Total Return Series (the fund) is a diversified series of MFS Variable Insurance Trust (the trust). The trust is organized as a Massachusetts business trust and is registered under the Investment Company Act of 1940, as amended, as an open-end management investment company. The shareholders of each series of the trust are separate accounts of insurance companies, which offer variable annuity and/or life insurance products, and qualified retirement and pension plans.

The fund is an investment company and accordingly follows the investment company accounting and reporting guidance of the Financial Accounting Standards Board (FASB) Accounting Standards Codification Topic 946 Financial Services – Investment Companies.

### (2) Significant Accounting Policies

**General** – The preparation of financial statements in conformity with U.S. generally accepted accounting principles requires management to make estimates and assumptions that affect the reported amounts of assets and liabilities, and disclosure of contingent assets and liabilities at the date of the financial statements and the reported amounts of increases and decreases in net assets from operations during the reporting period. Actual results could differ from those estimates. In the preparation of these financial statements, management has evaluated subsequent events occurring after the date of the fund's Statement of Assets and Liabilities through the date that the financial statements were issued.

In October 2016, the Securities and Exchange Commission (SEC) released its Final Rule on Investment Company Reporting Modernization (the "Rule"). The Rule, which introduces two new regulatory reporting forms for investment companies – Form N-PORT and Form N-CEN – also contains amendments to Regulation S-X which impact financial statement presentation, particularly the presentation of derivative investments. Although still evaluating the impacts of the Rule, management believes that many of the Regulation S-X amendments are consistent with the fund's current financial statement presentation and expects that the fund will be able to comply with the Rule's Regulation S-X amendments by the August 1, 2017 compliance date.

In March 2017, the FASB issued Accounting Standards Update 2017-08, Receivables – Nonrefundable Fees and Other Costs (Subtopic 310-20) – Premium Amortization on Purchased Callable Debt Securities ("ASU 2017-08"). For entities that hold callable debt securities at a premium, ASU 2017-08 requires that the premium be amortized to the earliest call date. ASU 2017-08 will be effective for fiscal years beginning after December 15, 2018, and interim periods within those fiscal years. Management is still evaluating the potential impacts of ASU 2017-08 but believes that adoption of ASU 2017-08 will not have a material effect on the fund's overall financial position or its overall results of operations.

**Balance Sheet Offsetting** – The fund's accounting policy with respect to balance sheet offsetting is that, absent an event of default by the counterparty or a termination of the agreement, the International Swaps and Derivatives Association (ISDA) Master Agreement does not result in an offset of reported amounts of financial assets and financial liabilities in the Statement of Assets and Liabilities across transactions between the fund and the applicable counterparty. The fund's right to setoff may be restricted or prohibited by the bankruptcy or insolvency laws of the particular jurisdiction to which a specific master netting agreement counterparty is subject. Balance sheet offsetting disclosures, to the extent applicable to the fund, have been included in the fund's Significant Accounting Policies note under the captions for each of the fund's in-scope financial instruments and transactions.

**Investment Valuations** – Equity securities, including restricted equity securities, are generally valued at the last sale or official closing price on their primary market or exchange as provided by a third-party pricing service. Equity securities, for which there were no sales reported that day, are generally valued at the last quoted daily bid quotation on their primary market or exchange as provided by a third-party pricing service. Debt instruments and floating rate loans, including restricted debt instruments, are generally valued at an evaluated or composite bid as provided by a third-party pricing service. Short-term instruments with a maturity at issuance of 60 days or less may be valued at amortized cost, which approximates market value. Open-end investment companies are generally valued at net asset value per share. Securities and other assets generally valued on the basis of information from a third-party pricing service may also be valued at a broker/dealer bid quotation. Values obtained from third-party pricing services can utilize both transaction data and market information such as yield, quality, coupon rate, maturity, type of issue, trading characteristics, and other market data. The values of foreign securities and other assets and liabilities expressed in foreign currencies are converted to U.S. dollars using the mean of bid and asked prices for rates provided by a third-party pricing service.

The Board of Trustees has delegated primary responsibility for determining or causing to be determined the value of the fund's investments (including any fair valuation) to the adviser pursuant to valuation policies and procedures approved by the Board. If the adviser determines that reliable market quotations are not readily available, investments are valued at fair value as determined in good faith by the adviser in accordance with such procedures under the oversight of the Board of Trustees. Under the fund's valuation policies and procedures, market quotations are not considered to be readily available for most types of debt instruments and floating rate loans and many types of derivatives. These investments are generally valued at fair value based on information from third-party pricing services. In addition, investments may be valued at fair value if the adviser determines that an investment's value has been materially affected by events occurring after the close of the exchange or market on which the investment is principally

## Notes to Financial Statements (unaudited) – continued

traded (such as foreign exchange or market) and prior to the determination of the fund's net asset value, or after the halting of trading of a specific security where trading does not resume prior to the close of the exchange or market on which the security is principally traded. Events that occur on a frequent basis after foreign markets close (such as developments in foreign markets and significant movements in the U.S. markets) and prior to the determination of the fund's net asset value may be deemed to have a material effect on the value of securities traded in foreign markets. Accordingly, the fund's foreign equity securities may often be valued at fair value. The adviser generally relies on third-party pricing services or other information (such as the correlation with price movements of similar securities in the same or other markets; the type, cost and investment characteristics of the security; the business and financial condition of the issuer; and trading and other market data) to assist in determining whether to fair value and at what value to fair value an investment. The value of an investment for purposes of calculating the fund's net asset value can differ depending on the source and method used to determine value. When fair valuation is used, the value of an investment used to determine the fund's net asset value may differ from quoted or published prices for the same investment. There can be no assurance that the fund could obtain the fair value assigned to an investment if it were to sell the investment at the same time at which the fund determines its net asset value per share.

Various inputs are used in determining the value of the fund's assets or liabilities. These inputs are categorized into three broad levels. In certain cases, the inputs used to measure fair value may fall into different levels of the fair value hierarchy. In such cases, an investment's level within the fair value hierarchy is based on the lowest level of input that is significant to the fair value measurement. The fund's assessment of the significance of a particular input to the fair value measurement in its entirety requires judgment, and considers factors specific to the investment. Level 1 includes unadjusted quoted prices in active markets for identical assets or liabilities. Level 2 includes other significant observable market-based inputs (including quoted prices for similar securities, interest rates, prepayment speed, and credit risk). Level 3 includes unobservable inputs, which may include the adviser's own assumptions in determining the fair value of investments. The following is a summary of the levels used as of June 30, 2017 in valuing the fund's assets or liabilities:

| Investments at Value                                       | Level 1         | Level 2         | Level 3 | Total           |
|--|-----------------|-----------------|---------|-----------------|
| Equity Securities  | \$1,648,762,257 | \$—             | \$—     | \$1,648,762,257 |
| U.S. Treasury Bonds & U.S. Government Agency & Equivalents | —               | 371,950,896     | —       | 371,950,896     |
| Non-U.S. Sovereign Debt                                    | —               | 19,045,397      | —       | 19,045,397      |
| Municipal Bonds  | —               | 5,534,907       | —       | 5,534,907       |
| U.S. Corporate Bonds                                       | —               | 217,741,765     | —       | 217,741,765     |
| Residential Mortgage-Backed Securities                     | —               | 303,580,144     | —       | 303,580,144     |
| Commercial Mortgage-Backed Securities                      | —               | 33,921,263      | —       | 33,921,263      |
| Asset-Backed Securities (including CDOs)                   | —               | 30,527,034      | —       | 30,527,034      |
| Foreign Bonds  | —               | 58,394,304      | —       | 58,394,304      |
| Mutual Funds   | 53,643,839      | —               | —       | 53,643,839      |
| Total Investments  | \$1,702,406,096 | \$1,040,695,710 | \$—     | \$2,743,101,806 |

For further information regarding security characteristics, see the Portfolio of Investments.

Of the level 1 investments presented above, equity investments amounting to \$59,021,935 would have been considered level 2 investments at the beginning of the period. The primary reason for changes in the classifications between levels 1 and 2 occurs when foreign equity securities are fair valued using other observable market-based inputs in place of the closing exchange price due to events occurring after the close of the exchange or market on which the investment is principally traded. The fund's foreign equity securities may often be valued at fair value. The fund's policy is to recognize transfers between the levels as of the end of the period.

**Foreign Currency Translation** – Purchases and sales of foreign investments, income, and expenses are converted into U.S. dollars based upon currency exchange rates prevailing on the respective dates of such transactions or on the reporting date for foreign denominated receivables and payables. Gains and losses attributable to foreign currency exchange rates on sales of securities are recorded for financial statement purposes as net realized gains and losses on investments. Gains and losses attributable to foreign exchange rate movements on receivables, payables, income and expenses are recorded for financial statement purposes as foreign currency transaction gains and losses. That portion of both realized and unrealized gains and losses on investments that results from fluctuations in foreign currency exchange rates is not separately disclosed.

**Security Loans** – Under its Securities Lending Agency Agreement with the fund, State Street Bank and Trust Company ("State Street"), as lending agent, loans the securities of the fund to certain qualified institutions (the "Borrowers") approved by the fund. Security loans can be terminated at the discretion of either the lending agent or the fund and the related securities must be returned within the earlier of the standard trade settlement period for such securities or within three business days. The loans are collateralized by cash and/or U.S. Treasury and federal agency obligations in an amount typically at least equal to the market value of the securities loaned. On loans collateralized by cash, the cash collateral is invested in a money market fund. The market value of the loaned securities is determined at the close of business of the fund and any additional required collateral is delivered to the fund on

## MFS Total Return Series

*Notes to Financial Statements (unaudited) – continued*

the next business day. State Street provides the fund with indemnification against Borrower default. In the event of Borrower default, State Street will, for the benefit of the fund, either purchase securities identical to those loaned or, when such purchase is commercially impracticable, pay the fund the market value of the loaned securities. In return, State Street assumes the fund's rights to the related collateral. If the collateral value is less than the cost to purchase identical securities, State Street is responsible for the shortfall, but only to the extent that such shortfall is not due to a decline in collateral value resulting from collateral reinvestment for which the fund bears the risk of loss. A portion of the income generated upon investment of the collateral is remitted to the Borrowers, and the remainder is allocated between the fund and the lending agent. On loans collateralized by U.S. Treasury and/or federal agency obligations, a fee is received from the Borrower, and is allocated between the fund and the lending agent. Income from securities lending is included in "Interest" income in the Statement of Operations. The dividend and interest income earned on the securities loaned is accounted for in the same manner as other dividend and interest income. At June 30, 2017, there were no securities on loan or collateral outstanding.

**Dollar Roll Transactions** – The fund enters into dollar roll transactions, with respect to mortgage-backed securities issued by Ginnie Mae, Fannie Mae, and Freddie Mac, in which the fund sells mortgage-backed securities to financial institutions and simultaneously agrees to purchase similar (same issuer, type and coupon) securities at a later date at an agreed-upon price. During the period between the sale and repurchase in a dollar roll transaction the fund will not be entitled to receive interest and principal payments on the securities sold but is compensated by interest earned on the proceeds of the initial sale and by a lower purchase price on the securities to be repurchased which enhances the fund's total return. The fund accounts for dollar roll transactions as purchases and sales and realizes gains and losses on these transactions.

**Indemnifications** – Under the fund's organizational documents, its officers and Trustees may be indemnified against certain liabilities and expenses arising out of the performance of their duties to the fund. Additionally, in the normal course of business, the fund enters into agreements with service providers that may contain indemnification clauses. The fund's maximum exposure under these agreements is unknown as this would involve future claims that may be made against the fund that have not yet occurred.

**Investment Transactions and Income** – Investment transactions are recorded on the trade date. Interest income is recorded on the accrual basis. All premium and discount is amortized or accreted for financial statement purposes in accordance with U.S. generally accepted accounting principles. Dividends received in cash are recorded on the ex-dividend date. Certain dividends from foreign securities will be recorded when the fund is informed of the dividend if such information is obtained subsequent to the ex-dividend date. Dividend and interest payments received in additional securities are recorded on the ex-dividend or ex-interest date in an amount equal to the value of the security on such date.

The fund may receive proceeds from litigation settlements. Any proceeds received from litigation involving portfolio holdings are reflected in the Statement of Operations in realized gain/loss if the security has been disposed of by the fund or in unrealized gain/loss if the security is still held by the fund. Any other proceeds from litigation not related to portfolio holdings are reflected as other income in the Statement of Operations.

The fund invests a significant portion of its assets in asset-backed and/or mortgage-backed securities. The value of these securities may depend, in part, on the issuer's or borrower's credit quality or ability to pay principal and interest when due and that value may fall if an issuer or borrower defaults on its obligation to pay principal or interest or if the instrument's credit rating is downgraded by a credit rating agency. U.S. Government securities not supported as to the payment of principal or interest by the U.S. Treasury, such as those issued by Fannie Mae, Freddie Mac, and the Federal Home Loan Banks, are subject to greater credit risk than are U.S. Government securities supported by the U.S. Treasury, such as those issued by Ginnie Mae.

The fund purchased or sold debt securities on a when-issued or delayed delivery basis, or in a "To Be Announced" (TBA) or "forward commitment" transaction with delivery or payment to occur at a later date beyond the normal settlement period. At the time a fund enters into a commitment to purchase or sell a security, the transaction is recorded and the value of the security acquired is reflected in the fund's net asset value. The price of such security and the date that the security will be delivered and paid for are fixed at the time the transaction is negotiated. The value of the security may vary with market fluctuations. TBA securities resulting from these transactions are included in the Portfolio of Investments. TBA purchase commitments are held at carrying amount, which approximates fair value and are categorized as level 2 within the fair value hierarchy. No interest accrues to the fund until payment takes place. At the time that a fund enters into this type of transaction, the fund is required to have sufficient cash and/or liquid securities to cover its commitments. Losses may arise due to changes in the value of the underlying securities or if the counterparty does not perform under the contract's terms, or if the issuer does not issue the securities due to political, economic or other factors. Additionally, losses may arise due to declines in the value of the securities prior to settlement date.

To mitigate this risk of loss on TBA securities and other types of forward settling mortgage-backed securities, the fund whenever possible enters into a Master Securities Forward Transaction Agreement ("MSFTA") on a bilateral basis with each of the counterparties with whom it undertakes a significant volume of transactions. The MSFTA gives each party to the agreement the right to terminate all transactions traded under such agreement if there is a certain deterioration in the credit quality of the other party. Upon an event of default or a termination of the MSFTA, the non-defaulting party has the right to close out all transactions traded

*Notes to Financial Statements (unaudited) – continued*

under such agreement and to net amounts owed under each transaction to one net amount payable by one party to the other. This right to close out and net payments across all transactions traded under the MSFTA could result in a reduction of the fund's credit risk to such counterparty equal to any amounts payable by the fund under the applicable transactions, if any.

For mortgage-backed securities traded under a MSFTA, the collateral and margining requirements are contract specific. Collateral amounts across all transactions traded under such agreement are netted and one amount is posted from one party to the other to collateralize such obligations. Cash that has been pledged to cover the fund's collateral or margin obligations under a MSFTA, if any, will be reported separately on the Statement of Assets and Liabilities as restricted cash. Securities pledged as collateral or margin for the same purpose, if any, are noted in the Portfolio of Investments.

**Tax Matters and Distributions** – The fund intends to qualify as a regulated investment company, as defined under Subchapter M of the Internal Revenue Code, and to distribute all of its taxable income, including realized capital gains. As a result, no provision for federal income tax is required. The fund's federal tax returns, when filed, will remain subject to examination by the Internal Revenue Service for a three year period. Management has analyzed the fund's tax positions taken on federal and state tax returns for all open tax years and does not believe that there are any uncertain tax positions that require recognition of a tax liability. Foreign taxes, if any, have been accrued by the fund in the accompanying financial statements in accordance with the applicable foreign tax law. Foreign income taxes may be withheld by certain countries in which the fund invests. Additionally, capital gains realized by the fund on securities issued in or by certain foreign countries may be subject to capital gains tax imposed by those countries.

Distributions to shareholders are recorded on the ex-dividend date. Income and capital gain distributions are determined in accordance with income tax regulations, which may differ from U.S. generally accepted accounting principles. Certain capital accounts in the financial statements are periodically adjusted for permanent differences in order to reflect their tax character. These adjustments have no impact on net assets or net asset value per share. Temporary differences which arise from recognizing certain items of income, expense, gain or loss in different periods for financial statement and tax purposes will reverse at some time in the future. Distributions in excess of net investment income or net realized gains are temporary overdistributions for financial statement purposes resulting from differences in the recognition or classification of income or distributions for financial statement and tax purposes.

Book/tax differences primarily relate to amortization and accretion of debt securities and wash sale loss deferrals.

The tax character of distributions declared to shareholders for the last fiscal year is as follows:

|  | <b>Year ended<br/>12/31/16</b> |
|--|--------------------------------|
| Ordinary income (including any short-term capital gains) | \$73,082,831                   |
| Long-term capital gains                                  | 85,822,677                     |
| <b>Total distributions</b>                               | <b>\$158,905,508</b>           |

The federal tax cost and the tax basis components of distributable earnings were as follows:

| <b>As of 6/30/17</b>                              |                      |
|---|----------------------|
| Cost of investments                               | \$2,235,880,301      |
| Gross appreciation                                | 533,332,592          |
| Gross depreciation                                | (26,111,087)         |
| <b>Net unrealized appreciation (depreciation)</b> | <b>\$507,221,505</b> |
| <b>As of 12/31/16</b>                             |                      |
| Undistributed ordinary income                     | 68,326,993           |
| Undistributed long-term capital gain              | 67,839,033           |
| Other temporary differences                       | (34,013)             |
| <b>Net unrealized appreciation (depreciation)</b> | <b>417,185,968</b>   |

The aggregate cost above includes prior fiscal year end tax adjustments, if applicable.

**Multiple Classes of Shares of Beneficial Interest** – The fund offers multiple classes of shares, which differ in their respective distribution and/or service fees. The fund's income, realized and unrealized gain (loss), and common expenses are allocated to shareholders based on the daily net assets of each class. Dividends are declared separately for each class. Differences in per share

## MFS Total Return Series

Notes to Financial Statements (unaudited) – continued

dividend rates are generally due to differences in separate class expenses. The fund's distributions declared to shareholders as reported in the Statements of Changes in Net Assets are presented by class as follows:

|               | From net investment income  |                        | From net realized gain on investments |                        |
|---------------|-----------------------------|------------------------|---------------------------------------|------------------------|
|               | Six months ended<br>6/30/17 | Year ended<br>12/31/16 | Six months ended<br>6/30/17           | Year ended<br>12/31/16 |
| Initial Class | \$—                         | \$39,895,869           | \$—                                   | \$44,853,063           |
| Service Class | —                           | 33,186,962             | —                                     | 40,969,614             |
| Total         | \$—                         | \$73,082,831           | \$—                                   | \$85,822,677           |

### (3) Transactions with Affiliates

**Investment Adviser** – The fund has an investment advisory agreement with MFS to provide overall investment management and related administrative services and facilities to the fund. The management fee is computed daily and paid monthly at the following annual rates:

|   |       |
|---|-------|
| First \$1 billion of average daily net assets     | 0.70% |
| Next \$1.5 billion of average daily net assets    | 0.65% |
| Next \$2.5 billion of average daily net assets    | 0.60% |
| Average daily net assets in excess of \$5 billion | 0.50% |

MFS has also agreed in writing to reduce its management fee by a specified amount if certain MFS mutual fund assets exceed thresholds agreed to by MFS and the fund's Board of Trustees. For the six months ended June 30, 2017, this management fee reduction amounted to \$102,608, which is included in the reduction of total expenses in the Statement of Operations. The management fee incurred for the six months ended June 30, 2017 was equivalent to an annual effective rate of 0.66% of the fund's average daily net assets.

The investment adviser has agreed in writing to pay a portion of the fund's total annual operating expenses, excluding interest, taxes, extraordinary expenses, brokerage and transaction costs, and investment-related expenses, such that total annual operating expenses do not exceed 0.625% of average daily net assets for the Initial Class shares and 0.875% of average daily net assets for the Service Class shares. This written agreement will continue until modified by the fund's Board of Trustees, but such agreement will continue at least until April 30, 2019. For the six months ended June 30, 2017, this reduction amounted to \$982,186 which is included in the reduction of total expenses in the Statement of Operations.

**Distributor** – MFS Fund Distributors, Inc. (MFD), a wholly-owned subsidiary of MFS, is the distributor of shares of the fund. The Trustees have adopted a distribution plan for the Service Class shares pursuant to Rule 12b-1 under the Investment Company Act of 1940.

The fund's distribution plan provides that the fund will pay MFD distribution and/or service fees equal to 0.25% per annum of its average daily net assets attributable to Service Class shares as partial consideration for services performed and expenses incurred by MFD and financial intermediaries (including participating insurance companies that invest in the fund to fund variable annuity and variable life insurance contracts, sponsors of qualified retirement and pension plans that invest in the fund, and affiliates of these participating insurance companies and plan sponsors) in connection with the sale and distribution of the Service Class shares. MFD may subsequently pay all, or a portion, of the distribution and/or service fees to financial intermediaries.

**Shareholder Servicing Agent** – MFS Service Center, Inc. (MFSC), a wholly-owned subsidiary of MFS, receives a fee from the fund for its services as shareholder servicing agent. For the six months ended June 30, 2017, the fee was \$41,838, which equated to 0.0031% annually of the fund's average daily net assets. MFSC also receives payment from the fund for out-of-pocket expenses paid by MFSC on behalf of the fund. For the six months ended June 30, 2017, these costs amounted to \$2,403.

**Administrator** – MFS provides certain financial, legal, shareholder communications, compliance, and other administrative services to the fund. Under an administrative services agreement, the fund reimburses MFS the costs incurred to provide these services. The fund is charged an annual fixed amount of \$17,500 plus a fee based on average daily net assets. The administrative services fee incurred for the six months ended June 30, 2017 was equivalent to an annual effective rate of 0.0165% of the fund's average daily net assets.

**Trustees' and Officers' Compensation** – The fund pays compensation to independent Trustees in the form of a retainer, attendance fees, and additional compensation to Board and Committee chairpersons. The fund does not pay compensation directly to Trustees or officers of the fund who are also officers of the investment adviser, all of whom receive remuneration for their services to the fund from MFS. Certain officers and Trustees of the fund are officers or directors of MFS, MFD, and MFSC.

**Other** – This fund and certain other funds managed by MFS (the funds) have entered into a service agreement (the ISO Agreement) which provides for payment of fees solely by the funds to Tarantino LLC in return for the provision of services of an Independent Senior Officer (ISO) for the funds. Frank L. Tarantino serves as the ISO and is an officer of the funds and the sole member of



## Notes to Financial Statements (unaudited) – continued

Tarantino LLC. The funds can terminate the ISO Agreement with Tarantino LLC at any time under the terms of the ISO Agreement. For the six months ended June 30, 2017, the fee paid by the fund under this agreement was \$2,482 and is included in “Miscellaneous” expense in the Statement of Operations. MFS has agreed to bear all expenses associated with office space, other administrative support, and supplies provided to the ISO.

The fund invests in the MFS Institutional Money Market Portfolio which is managed by MFS and seeks current income consistent with preservation of capital and liquidity. This money market fund does not pay a management fee to MFS.

The fund is permitted to engage in purchase and sale transactions with funds and accounts for which MFS serves as investment adviser or sub-adviser (“cross-trades”) pursuant to a policy adopted by the Board of Trustees. This policy has been designed to ensure that cross-trades conducted by the fund comply with Rule 17a-7 under the Investment Company Act of 1940. Under this policy, cross-trades are effected at current market prices with no remuneration paid in connection with the transaction. During the six months ended June 30, 2017, the fund engaged in purchase and sale transactions pursuant to this policy, which amounted to \$1,472,787 and \$146,218, respectively. The sales transactions resulted in net realized gains (losses) of \$(26,722).

**(4) Portfolio Securities**

For the six months ended June 30, 2017, purchases and sales of investments, other than short-term obligations, were as follows:

|  | Purchases     | Sales         |
|--|---------------|---------------|
| U.S. Government securities                   | \$128,598,560 | \$108,539,283 |
| Investments (non-U.S. Government securities) | \$274,417,844 | \$333,712,091 |

**(5) Shares of Beneficial Interest**

The fund’s Declaration of Trust permits the Trustees to issue an unlimited number of full and fractional shares of beneficial interest. Transactions in fund shares were as follows:

|  | Six months ended 6/30/17 |                 | Year ended 12/31/16 |                 |
|--|--------------------------|-----------------|---------------------|-----------------|
|  | Shares                   | Amount          | Shares              | Amount          |
| Shares sold  |                          |                 |                     |                 |
| Initial Class  | 843,290                  | \$20,233,693    | 1,919,426           | \$44,541,690    |
| Service Class  | 4,643,910                | 109,324,090     | 8,039,223           | 183,220,550     |
|  | 5,487,200                | \$129,557,783   | 9,958,649           | \$227,762,240   |
| Shares issued to shareholders in reinvestment of distributions |                          |                 |                     |                 |
| Initial Class  | —                        | \$—             | 3,681,535           | \$84,748,932    |
| Service Class  | —                        | —               | 3,271,133           | 74,156,576      |
|  | —                        | \$—             | 6,952,668           | \$158,905,508   |
| Shares reacquired  |                          |                 |                     |                 |
| Initial Class  | (4,348,779)              | \$(104,395,293) | (9,906,610)         | \$(228,366,952) |
| Service Class  | (4,111,887)              | (97,078,390)    | (8,875,969)         | (201,226,350)   |
|  | (8,460,666)              | \$(201,473,683) | (18,782,579)        | \$(429,593,302) |
| Net change   |                          |                 |                     |                 |
| Initial Class  | (3,505,489)              | \$(84,161,600)  | (4,305,649)         | \$(99,076,330)  |
| Service Class  | 532,023                  | 12,245,700      | 2,434,387           | 56,150,776      |
|  | (2,973,466)              | \$(71,915,900)  | (1,871,262)         | \$(42,925,554)  |

**(6) Line of Credit**

The fund and certain other funds managed by MFS participate in a \$1.25 billion unsecured committed line of credit, subject to a \$1 billion sublimit, provided by a syndication of banks under a credit agreement. Borrowings may be made for temporary financing needs. Interest is charged to each fund, based on its borrowings, generally at a rate equal to the higher of the Overnight Federal Reserve funds rate or daily one month LIBOR plus an agreed upon spread. A commitment fee, based on the average daily, unused portion of the committed line of credit, is allocated among the participating funds at the end of each calendar quarter. In addition, the fund and other funds managed by MFS have established unsecured uncommitted borrowing arrangements with certain banks for temporary financing needs. Interest is charged to each fund, based on its borrowings, at a rate equal to the Overnight Federal Reserve funds rate plus an agreed upon spread. For the six months ended June 30, 2017, the fund’s commitment fee and interest expense were \$9,081 and \$0, respectively, and are included in “Miscellaneous” expense in the Statement of Operations.

MFS Total Return Series

Notes to Financial Statements (unaudited) – continued

**(7) Transactions in Underlying Affiliated Funds – Affiliated Issuers**

An affiliated issuer may be considered one in which the fund owns 5% or more of the outstanding voting securities, or a company which is under common control. For the purposes of this report, the fund assumes the following to be an affiliated issuer:

| <b>Underlying Affiliated Fund</b>        | <b>Beginning<br/>Shares/Par<br/>Amount</b> | <b>Acquisitions<br/>Shares/Par<br/>Amount</b> | <b>Dispositions<br/>Shares/Par<br/>Amount</b> | <b>Ending<br/>Shares/Par<br/>Amount</b> |
|--|--|---|---|---|
| MFS Institutional Money Market Portfolio | 51,630,973                                 | 167,805,989                                   | (165,793,123)                                 | 53,643,839                              |
| <b>Underlying Affiliated Fund</b>        | <b>Realized<br/>Gain (Loss)</b>            | <b>Capital Gain<br/>Distributions</b>         | <b>Dividend<br/>Income</b>                    | <b>Ending<br/>Value</b>                 |
| MFS Institutional Money Market Portfolio | \$(8,478)                                  | \$—   | \$171,644                                     | \$53,643,839                            |

## RESULTS OF SHAREHOLDER MEETING (unaudited)

At a special meeting of shareholders of MFS Variable Insurance Trust, which was held on March 23, 2017, the following action was taken:

**Item 1:** To elect the following individuals as Trustees:

| Nominee             | Number of Dollars |                    |
|---------------------|-------------------|--------------------|
|                     | For               | Withheld Authority |
| Steven E. Buller    | 11,311,922,492.61 | 518,570,973.54     |
| John A. Caroselli   | 11,291,109,000.34 | 539,384,465.81     |
| Maureen R. Goldfarb | 11,233,211,779.66 | 597,281,686.49     |
| David H. Gunning    | 11,179,077,201.17 | 651,416,264.98     |
| Michael Hegarty     | 11,191,993,154.78 | 638,500,311.37     |
| John P. Kavanaugh   | 11,242,238,261.44 | 588,255,204.71     |
| Robert J. Manning   | 11,314,479,376.58 | 516,014,089.57     |
| Clarence Otis, Jr.  | 11,208,873,448.85 | 621,620,017.30     |
| Maryanne L. Roepke  | 11,263,427,105.03 | 567,066,361.12     |
| Robin A. Stelmach   | 11,313,883,043.82 | 516,610,422.33     |
| Laurie J. Thomsen   | 11,240,219,041.09 | 590,274,425.06     |

## PROXY VOTING POLICIES AND INFORMATION

MFS votes proxies on behalf of the fund pursuant to proxy voting policies and procedures that are available without charge, upon request, by calling 1-800-225-2606, by visiting *mfs.com* (once you have selected "Individual Investor" as your role, click on "Individual Investor Home" in the top navigation and then select "Learn More About Proxy Voting" under the "I want to..." header on the left hand column of the page), or by visiting the SEC's Web site at <http://www.sec.gov>.

Information regarding how the fund voted proxies relating to portfolio securities during the most recent twelve-month period ended June 30 is available by August 31 of each year without charge by visiting *mfs.com* (once you have selected "Individual Investor" as your role, click on "Individual Investor Home" in the top navigation and then select "Learn More About Proxy Voting" under the "I want to..." header on the left hand column of the page), or by visiting the SEC's Web site at <http://www.sec.gov>.

## QUARTERLY PORTFOLIO DISCLOSURE

The fund will file a complete schedule of portfolio holdings with the Securities and Exchange Commission (the Commission) for the first and third quarters of each fiscal year on Form N-Q. The fund's Form N-Q is available on the EDGAR database on the Commission's Internet Web site at <http://www.sec.gov>, and may be reviewed and copied at the:

Public Reference Room  
Securities and Exchange Commission  
100 F Street, NE, Room 1580  
Washington, D.C. 20549

Information on the operation of the Public Reference Room may be obtained by calling the Commission at 1-800-SEC-0330. Copies of the fund's Form N-Q also may be obtained, upon payment of a duplicating fee, by electronic request at the following e-mail address: [publicinfo@sec.gov](mailto:publicinfo@sec.gov) or by writing the Public Reference Section at the above address.

## FURTHER INFORMATION

From time to time, MFS may post important information about the fund or the MFS funds on the MFS web site (*mfs.com*). This information is available on *mfs.com* by following these steps once you have selected "Individual Investor" as your role: (1) Click on the "Individual Investor Home" in the top navigation and then select the "Announcements" option within the "Market Outlooks" drop down, or (2) Click on "Products & Services" and "Variable Insurance Portfolios" and then select the fund's name.

## INFORMATION ABOUT FUND CONTRACTS AND LEGAL CLAIMS

The fund has entered into contractual arrangements with an investment adviser, administrator, distributor, shareholder servicing agent, 529 program manager (if applicable), and custodian who each provide services to the fund. Unless expressly stated otherwise, shareholders are not parties to, or intended beneficiaries of these contractual arrangements, and these contractual arrangements are not intended to create any shareholder right to enforce them against the service providers or to seek any remedy under them against the service providers, either directly or on behalf of the fund.

Under the Trust's By-Laws and Declaration of Trust, any claims asserted against or on behalf of the MFS Funds, including claims against Trustees and Officers, must be brought in state and federal courts located within the Commonwealth of Massachusetts.

