



MFS Investment Management
P.O. Box 43078 Providence, RI 02940-3078

Notice to shareholders — Source of Distributions

Date: July 2023

The amounts indicated below represent the estimated sources, other than net income, of the cumulative distributions made by your fund(s) for the month on a per share basis. This notice provides only estimates and actual results of operations may be different. This information is not being provided for tax-reporting purposes. Early next year, you will receive information as to the federal tax status of this and all other distributions paid during the current year.

Fund Name	Gains from the Sale of Securities and Other Properties	Other Capital Source
------------------	---	-----------------------------

No funds with distributions estimated from other sources this month.

N/A

The remainder of each distribution is estimated to be from each fund's net income.

If you have any questions regarding this information, please call our fund service department at 1-800-637-2304 any business day from 9 a.m. to 5 p.m. Eastern time.