



Power Momentum Index VIT Fund

Class 1 shares

Class 2 shares

Power Dividend Index VIT Fund

Class 1 shares

Class 2 shares

Power Income VIT Fund

Class 1 shares

Class 2 shares

(each a series of Northern Lights Variable Trust)

Supplement dated January 17, 2020,
to the Prospectus dated May 1, 2019

Effective December 31, 2019, Robert Shea no longer serves as a Portfolio Manager of Power Momentum Index VIT Fund, Power Dividend Index VIT Fund and Power Income VIT Fund (the "Funds"). Therefore, all references to Robert Shea are deleted from the Prospectus and SAI as of that date.

Effective December 9, 2019, Nicholas A. Lobley of W.E. Donoghue & Co., LLC has been added as a portfolio manager of the Funds. John A. Forlines, of W.E. Donoghue & Co., LLC, together with Jeffrey R. Thompson, Richard E. Molari and Nicholas A. Lobley are primarily responsible for the day-to-day management of the Fund. The investment objective, principal investment strategies and principal risks of the Fund have not changed.

The following replaces the information in the section titled "Fund Summary-Power Momentum Index VIT Fund" on page 3 of the Prospectus.

Investment Adviser: W.E. Donoghue & Co., LLC is the Fund's investment adviser.

Portfolio Managers: John A. Forlines, CIO of the adviser, Jeffrey R. Thompson, CEO of the adviser, Richard E. Molari, COO of the adviser and Nicholas A. Lobley, Portfolio Manager of the adviser each serve the Fund as a Portfolio Co-Manager. Mr. Molari and Mr. Thompson each have served the Fund as a Portfolio Co-Manager since March 2017. Mr. Forlines has served the Fund as Portfolio Co-Manager since December 2017. Mr. Lobley served the Fund as Portfolio Co-Manager since December 2019. Each portfolio manager is jointly and primarily responsible for the day-to-day management of the Fund.

*The following replaces the information in the section titled “**Fund Summary- Power Dividend Index VIT Fund**” on page 6 of the Prospectus.*

Investment Adviser: W.E. Donoghue & Co., LLC is the Fund’s investment adviser.

Portfolio Managers: John A. Forlines, CIO of the adviser, Jeffrey R. Thompson, CEO of the adviser, Richard E. Molari, COO of the adviser and Nicholas A. Lobley, Portfolio Manager of the adviser each serve the Fund as a Portfolio Co-Manager. Mr. Molari and Mr. Thompson each have served the Fund as a Portfolio Co-Manager since March 2017. Mr. Forlines has served the Fund as Portfolio Co-Managers since December 2017. Mr. Lobley has served as Portfolio Co-Manager since December 2019. Each portfolio manager is jointly and primarily responsible for the day-to-day management of the Fund.

*The following replaces the information in the section titled “**Fund Summary- Power Income VIT Fund**” on page 10 of the Prospectus.*

Investment Adviser: W.E. Donoghue & Co., LLC is the Fund’s investment adviser.

Portfolio Managers: John A. Forlines, CIO of the adviser, Jeffrey R. Thompson, CEO of the adviser, Richard E. Molari, COO of the adviser and Nicholas A. Lobley, Portfolio Manager of the adviser each serve the Fund as a Portfolio Co-Manager. Mr. Thompson has served the Fund as a Portfolio Co-Manager since it commenced operations in 2012. Mr. Molari has served the Fund as a Portfolio Co-Manager since October 2016. Mr. Forlines has served the Fund as Portfolio Co-Manager since October 2018. Mr. Lobley has served the Fund as Portfolio Co-Managers since December 2019. Each portfolio manager is jointly and primarily responsible for the day-to-day management of the Fund.

*The following information has been added as the second to the last paragraph in the section titled “**Portfolio Managers**” on page 19 of the Prospectus.*

Portfolio Managers:

Nicholas A. Lobley – Portfolio Manager

Mr. Lobley was promoted to Portfolio Manager of W.E. Donoghue & Co., LLC in 2019. Mr. Lobley was previously promoted to Senior Research Analyst in 2018 after joining the firm as Analyst in 2018. Prior to joining the adviser, Mr. Lobley was an Analyst with JAFforlines Global, an independent investment adviser, since 2017. From 2016 to 2017, Mr. Lobley was an Associate with Paley Advisors, LLC. Mr. Lobley holds a Bachelor of Arts in Economics from Oberlin College.

* * * * *

The information in this supplement contains new and additional information beyond that in the Prospectus, and Statement of Additional Information (“SAI”), October 28, 2019. This supplement should be read in conjunction with the Prospectus and SAI and should be retained for future reference.

Please retain this Supplement for future reference.



Power Momentum Index VIT Fund

Class 1 shares

Class 2 shares

Power Dividend Index VIT Fund

Class 1 shares

Class 2 shares

Power Income VIT Fund

Class 1 shares

Class 2 shares

(each a series of Northern Lights Variable Trust)

Supplement dated June 21, 2019,
to the Prospectus dated May 1, 2019

Power Income VIT Fund:

The Performance Table and Index information in the section entitled "Performance" in the Fund's prospectus is hereby restated as follows:

Performance Table
Average Annual Total Returns
(For periods ended December 31, 2018)

	One Year	Five Years	Since Inception (4/30/2012)
Class 2 Shares	(3.31)%	(0.12)%	(0.99)%
Class 1 Shares	(1.08)%	1.93%	2.77%
Bloomberg Barclays Aggregate Bond Index (reflects no deduction for fees, expenses, or taxes)	0.01%	2.52%	1.99%
Bloomberg Barclays Global Aggregate Bond Index (reflects no deduction for fees, expenses, or taxes)			
Reference Index			

The Barclays U.S. Aggregate Bond Index is a market capitalization-weighted index, meaning the securities in the index are weighted according to the market size of each bond type. Most U.S. traded investment grade bonds are represented. Municipal bonds and Treasury Inflation-Protected Securities are excluded, due to tax treatment issues. The index includes Treasury securities, Government agency bonds, mortgage-backed bonds, corporate bonds, and a small amount of foreign bonds traded in U.S. Unlike a mutual fund, an index does not reflect any trading costs or management fees. Investors cannot directly invest in an index.

The Bloomberg Barclays Global Aggregate Bond Index is composed of the U.S. Aggregate Index, the Pan-European Index and the Japanese component of the Global Treasury Index. All issues must be fixed rate, nonconvertible and have at least one year remaining to maturity. Securities from countries classified as emerging markets are excluded. The index is weighted according to each country's market capitalization, except for Japan, which is weighted by the market capitalization of the 40 largest Japanese government bonds. This Index has been selected as the Fund's new primary benchmark as it is more representative of the Fund's investment strategy and portfolio holdings.

The Reference Index is a combination of 80% Bloomberg Barclays Global Aggregate Bond Index, 10% of MSCI ACWI, and 10% of S&P Goldman Sachs Commodities Index. The MSCI ACWI Index represents the performance of the full opportunity set of large- and mid-cap stocks across 23 developed and 26 emerging markets. The S&P Goldman Sachs Commodities Index is a composite index of commodity sector returns representing an unleveraged, long-only investment in commodity futures that is broadly diversified across the spectrum of commodities.

Power Dividend Index VIT Fund:

The Fund's Principal Investment Strategies section and the section entitled "Additional Information About Principal Investment Strategies and Related Risks" of the Prospectus is hereby restated as follows:

The Fund's investment adviser seeks to achieve the Fund's primary investment objective by investing in an index that provides a formulaic methodology for allocating investment between the S-Network Quality Sector Dividend Dogs Index (SNQDIV) and short term treasuries.

SNQDIV selects as of November 30 the top five companies with the highest ratio of free cash flow to debt from among the 10 companies with the highest dividend yields in each of the ten sectors (excluding Real Estate) of the S-Network US Equity Large/Mid-Cap 1000 Index (SN1000). Free cash flow is the amount of cash a company produces after paying for operating and capital expenses. Only companies with positive free cash flow, at least one dividend paid during the previous four quarters, and meeting an average daily traded value minimum over the previous 90 days are eligible for inclusion in SNQDIV. If there are fewer than five eligible securities represented in any sector as of the snapshot date, SNQDIV will include only those securities that qualify.

Under normal circumstances, the Fund will invest at least 80% of its net assets in dividend producing securities. The Fund will invest in as many as 50 common stocks from the universe of stocks represented in the S-Network Large/Mid Cap 1000 Index. If the Fund holds an investment in common stock of a company that is removed from the S-Network Large/Mid Cap 1000 Index, that position will be sold.

This methodology is designed to convey the benefits of high dividend yield, sector diversification and equal weighting. The adviser then applies its defensive tactical overlay as described below to both its proprietary index, the W.E. Donoghue Power Dividend Index, and the Fund. The adviser buys equity securities when its indicators are positive and sells them when its indicators are significantly negative. From time to time, the Adviser anticipates that its defensive tactical overlay may trigger multiple "positive" or negative" indicators over a period of several days. In such cases, the Adviser, in an effort to avoid incurring additional brokerage costs to the Fund, may choose not to implement a particular "buy" or "sell" signal at the time of the trigger.

The adviser seeks to achieve the Fund's secondary investment objective by hedging the equity portfolio when its defensive tactical overlay determines a sell. The adviser hedges the portfolio by increasing allocations to cash equivalents or U.S. Treasury securities if the adviser determines the Fund should adopt a temporary defensive position due to market conditions. While the Fund is a diversified fund, it may invest in fewer securities than other diversified funds.

Additionally, the Performance Table and Index information in the section entitled "Performance" in the Fund's prospectus is hereby restated as follows:

Performance Table
Average Annual Total Returns
(For periods ended December 31, 2018)

	One Year	Five Years	Ten Years	Since Inception ⁽¹⁾
Class 1 Return before taxes	(8.02)%	1.07%	7.27%	3.70%
S&P 500 TR Index ⁽²⁾ (reflects no deduction for fees, expenses, or taxes)	(4.38)%	8.49%	13.11%	6.86%
S&P 500 Value TR Index ⁽³⁾ (reflects no deduction for fees, expenses or taxes)	(8.95)%	6.06%	11.20%	4.64%

- (1) The inception date of the Power Dividend Index VIT Fund is May 1, 2007.
- (2) The S&P 500 Total Return Index is an unmanaged market capitalization weighted index of 500 of the largest capitalized U.S. domiciled companies. Index returns assume reinvestment of dividends. Investors may not invest in the indexes directly; unlike the Fund's returns, the indexes do not reflect any fees or expenses.
- (3) The S&P 500 Value TR Index measures the performance of the large-capitalization value sector in the US equity market. It is a subset of the S&P 500 Index and consists of those stocks in the S&P 500 Index exhibiting the strongest value characteristics. This Index has been selected as the Fund's new primary benchmark as it is more representative of the Fund's investment strategy and portfolio holdings.

Power Momentum Index VIT Fund

The Fund's principal investment strategies section and the section entitled "Additional Information About Principal Investment Strategies and Related Risks" of the Prospectus is hereby restated as follows:

The adviser seeks to achieve the Fund's objectives by investing in equally-weighted stocks at the beginning of each quarter that produced the highest risk-adjusted returns for the previous calendar quarter from each of the ten sectors (REITS are excluded) that comprise the S-Network Large/Mid Cap 1000 Index. The Fund seeks to replicate the returns of the adviser's proprietary W.E. Donoghue Power Momentum Index. The Fund is predicated upon and has entered a licensing agreement with S-Network US Equity Large/Mid Cap Sharpe Ratio Index ("SNSHRPX") for the Power Momentum Index which tracks the SNSHRPX Index of 50 stocks (five from each of the ten sectors which comprise the S-Network Large/Mid Cap 1000 Index), as determined by the highest risk-adjusted returns from the previous quarter and will reconstitute and rebalance each calendar quarter thereafter. The adviser uses a total return variation of the SNSHRPX Index to signal investment into and out of these 50 common stocks. The Fund invests in common stocks from the universe of stocks represented in the S-Network Large/Mid Cap 1000 Index which are also constituents of the SNSHRPX Index. The SNSHRPX Index selects the five stocks in each of the ten sectors that make up the S-Network Large/Mid Cap 1000 Index that have the highest 90-day Sharpe ratio. Sharpe ratio is a measure of a stock's risk-adjusted return. This methodology is designed to convey the benefits of risk-adjusted returns, sector diversification and equal weighting. The adviser then applies its defensive tactical overlay as described below to both its proprietary index, the W.E. Donoghue Power Momentum Index, and the Fund. The adviser buys equity securities when its indicators are positive and sells them when its indicators are significantly negative. If the Fund holds an investment in common stock of a company that is removed from the S-Network Large/Mid Cap 1000 Index, that position will be sold.

When the adviser's defensive tactical overlay indicates a defensive position, the adviser will increase allocations to cash equivalents such as money market funds or U.S. Treasury securities in an attempt to mitigate market risk. Technical indicators are utilized on each sector individually to determine whether to be in a bullish or defensive posture.

The Fund has adopted a non-fundamental policy to invest at least 80% of its net assets in the constituent securities that make up the Power Momentum Index. While the Fund is a diversified fund, it may invest in fewer securities than other diversified funds.

All Funds

The section entitled “Portfolio Managers” in the Prospectus for each Fund is hereby restated as follows:

Richard E. Molari, COO of the adviser, Jeffrey R. Thompson, CEO of the adviser, and William B. Dowler, Treasurer and Chief Compliance Officer of the adviser, John Forlines, Co-CIO of the adviser and Robert Shea, Co-CIO and President of the adviser each serve the Fund as a Portfolio Co-Manager. Mr. Molari, Mr. Thompson and Mr. Dowler each have served the Fund as a Portfolio Co-Manager since it commenced operations in 2017. Mr. Forlines and Mr. Shea have served the Fund as Portfolio Co-Managers since October 2018. Each portfolio manager is jointly and individually responsible for the day-to-day management of the Fund.

* * * * *

This Supplement dated June 21, 2019, and the Funds’ Prospectus and Statement of Additional Information dated May 1, 2019, each provide information that you should know before investing in the Funds and should be retained for future reference. The Prospectus and Statement of Additional Information have been filed with the Securities and Exchange Commission and are incorporated herein by reference. These documents are available upon request and without charge by calling Shareholder Services at 1-877-7-PWRINC, or by visiting the Funds’ website at www.powermutualfunds.com.

Please retain this Supplement for future reference.



Power Momentum Index VIT Fund

Class 1 shares

Class 2 shares

Power Dividend Index VIT Fund

Class 1 shares

Class 2 shares

(each a series of Northern Lights Variable Trust)

Supplement dated May 29, 2019

The following supplements the Prospectus and
Statement of Additional Information each dated May 1, 2019

Please be advised, that effective June 1, 2019, the tables in the section entitled “**Fund Summary – Power Momentum Index VIT Fund**”, subsection “**Fees and Expenses of the Fund**” on page 1 of the Prospectus are hereby deleted in their entirety and replaced with the information below, which reflects that the expense cap for Class 1 shares and Class 2 shares have been increased from 1.25% to 2.00% and from 1.50% to 2.50%, respectively.

Annual Fund Operating Expenses (expenses that you pay each year as a percentage of the value of your investment)	Class 1	Class 2
Management Fees ⁽¹⁾	1.00%	1.00%
Distribution and Shareholder Service (12b-1) Fees	0.25%	0.50%
Other Expenses	0.25%	0.25%
Acquired Fund Fees and Expenses ⁽²⁾	0.04%	0.04%
Total Annual Fund Operating Expenses	1.54%	1.79%

- (1) The Fund's adviser has contractually agreed to waive its fees and reimburse expenses of the Fund, at least until April 30, 2020, to ensure that Total Annual Fund Operating Expenses After Expense Waiver and Reimbursements (exclusive of any front-end or contingent deferred loads, brokerage fees and commissions, acquired fund fees and expenses, fees and expenses associated with investments in other collective investment vehicles or derivative instruments (including for example option and swap fees and expenses), borrowing costs (such as interest and dividend expense on securities sold short), taxes and extraordinary expenses, such as litigation, will not exceed 2.00% and 2.50% of the Fund's average daily net assets for Class 1 and Class 2 shares, respectively. These fee waivers and expense reimbursements by the adviser are subject to possible recoupment from the Fund in future years on a rolling three-year basis (within the three years of the fiscal year end during which the fees were waived or reimbursed) if such recoupment can be achieved within the foregoing expense limits. This agreement may be terminated only by the Fund's Board of Trustees on 60 days' written notice to the adviser.
- (2) Acquired Fund Fees and Expenses are the indirect costs of investing in other investment companies. The operating expenses in this fee table will not correlate to the expense ratio in the Fund's financial highlights because the financial statements include only the direct operating expenses incurred by the Fund, not the indirect costs of investing in other investment companies.

Example: This Example is intended to help you compare the cost of investing in the Fund with the cost of investing in other mutual funds.

The Example assumes that you invest \$10,000 in the Fund for the time periods indicated and then redeem all of your shares at the end of those periods. You would pay the same expenses if you did not redeem your shares. However, each insurance contract and separate account involves fees and expenses that are not included in the Example. If these fees and expenses were included in the Example, your overall expenses would be higher. The Example also assumes that your investment has a 5% return each year and that the Fund's operating expenses remain the same. Although your actual costs may be higher or lower, based upon these assumptions your costs would be:

	<u>1 Year</u>	<u>3 Years</u>	<u>5 Years</u>	<u>10 Years</u>
Class 1	\$157	\$486	\$839	\$1,834
Class 2	\$182	\$563	\$970	\$2,105

Reference is made to the section entitled **"Management"**, sub-heading *"Investment Adviser"* located on page 18 of the Prospectus. The second sentence in the third paragraph is deleted in its entirety and replaced with the following:

For the fiscal year ended December 31, 2018, the Adviser received an annual advisory fee of 0.65% of the Power Momentum Index VIT Fund's average daily net assets. The Fund's Adviser has contractually agreed to reduce its fees and/or absorb expenses of the Fund, until at least April 30, 2020, to ensure that Total Annual Fund Operating Expenses After Fee Waiver and/or Reimbursement (exclusive of any front-end or contingent deferred loads, brokerage fees and commissions, acquired fund fees and expenses, fees and expenses associated with investments in other collective investment vehicles or derivative instruments (including for example option and swap fees and expenses), borrowing costs (such as interest and dividend expense on securities sold short), taxes and extraordinary expenses, such as litigation expenses (which may include indemnification of Fund officers and Trustees, contractual indemnification of Fund service providers (other than the Adviser)) will not exceed 2.00% and 2.50% of the Power Momentum Index VIT Fund's average daily net assets for Class 1 and Class 2 shares, respectively; subject to possible recoupment from the Fund in future years on a rolling three year basis (within the three years of the fiscal year end during which the fees were been waived or reimbursed) if such recoupment can be achieved within the foregoing expense limits.

The tables in the section entitled **"Fund Summary – Power Dividend Index VIT Fund"**, subsection **"Fees and Expenses of the Fund"** on page 4 of the Prospectus are hereby deleted in their entirety and replaced with the information below, which reflects that the expense cap for Class 1 shares and Class 2 shares have been increased from 1.25% to 2.00% and from 1.50% to 2.50%, respectively.

Annual Fund Operating Expenses (expenses that you pay each year as a percentage of the value of your investment)	Class 1	Class 2
Management Fees ⁽¹⁾	1.00%	1.00%
Distribution and Shareholder Service (12b-1) Fees	0.25%	0.50%
Other Expenses	0.55%	0.55%
Acquired Fund Fees and Expenses ⁽²⁾	0.02%	0.02%
Total Annual Fund Operating Expenses	1.82%	2.07%

- (1) The Fund's adviser has contractually agreed to waive its fees and reimburse expenses of the Fund, at least until April 30, 2020, to ensure that Total Annual Fund Operating Expenses After Expense Waiver and Reimbursements (exclusive of any front-end or contingent deferred loads, brokerage fees and commissions, acquired fund fees and expenses, fees and expenses associated with investments in other collective investment vehicles or derivative instruments (including for example option and swap fees and expenses), borrowing costs (such as interest and

dividend expense on securities sold short), taxes and extraordinary expenses, such as litigation, will not exceed 2.00% and 2.50% of the Fund's average daily net assets for Class 1 and Class 2 shares, respectively. These fee waivers and expense reimbursements by the adviser are subject to possible recoupment from the Fund in future years on a rolling three-year basis (within the three years of the fiscal year end during which the fees were waived or reimbursed) if such recoupment can be achieved within the foregoing expense limits. This agreement may be terminated only by the Fund's Board of Trustees on 60 days' written notice to the adviser.

- (2) Acquired Fund Fees and Expenses are the indirect costs of investing in other investment companies. The operating expenses in this fee table will not correlate to the expense ratio in the Fund's financial highlights because the financial statements include only the direct operating expenses incurred by the Fund, not the indirect costs of investing in other investment companies.

Example: This Example is intended to help you compare the cost of investing in the Fund with the cost of investing in other mutual funds.

The Example assumes that you invest \$10,000 in the Fund for the time periods indicated and then redeem all of your shares at the end of those periods. You would pay the same expenses if you did not redeem your shares. However, each insurance contract and separate account involves fees and expenses that are not included in the Example. If these fees and expenses were included in the Example, your overall expenses would be higher. The Example also assumes that your investment has a 5% return each year and that the Fund's operating expenses remain the same. Although your actual costs may be higher or lower, based upon these assumptions your costs would be:

	<u>1 Year</u>	<u>3 Years</u>	<u>5 Years</u>	<u>10 Years</u>
Class 1	\$185	\$573	\$985	\$2,137
Class 2	\$210	\$649	\$1,114	\$2,400

Reference is made to the section entitled "**Management**", sub-heading "*Investment Adviser*" located on page 18 of the Prospectus. The second sentence the fourth paragraph is deleted in its entirety and replaced with the following:

For the fiscal year ended December 31, 2018, the Adviser received an annual advisory fee net of fees waived equal to 0.45% of the Power Dividend Index VIT Fund's average daily net assets. The Fund's Adviser has contractually agreed to reduce its fees and/or absorb expenses of the Fund, until at least April 30, 2020, to ensure that Total Annual Fund Operating Expenses After Fee Waiver and/or Reimbursement (exclusive of any front-end or contingent deferred loads, brokerage fees and commissions, acquired fund fees and expenses, fees and expenses associated with investments in other collective investment vehicles or derivative instruments (including for example option and swap fees and expenses), borrowing costs (such as interest and dividend expense on securities sold short), taxes and extraordinary expenses, such as litigation expenses (which may include indemnification of Fund officers and Trustees, contractual indemnification of Fund service providers (other than the Adviser)) will not exceed 2.00% and 2.50% of the Power Dividend Index VIT Fund's average daily net assets for Class 1 and Class 2 shares, respectively; subject to possible recoupment from the Fund in future years on a rolling three year basis (within the three years of the fiscal year end during which the fees were been waived or reimbursed) if such recoupment can be achieved within the foregoing expense limits. Fee waiver and reimbursement arrangements can decrease the Fund's expenses and boost its performance. A discussion regarding the basis for the Board of Trustees' approval of the advisory agreement will be available in the Funds' semi-annual shareholder report dated June 30, 2019.

Reference is made to the section under the heading “**Management**”, subsection “**The Adviser**”: of the Statement of Additional Information. The fourth paragraph is deleted in its entirety and replaced with the following:

The Adviser has entered into an expense limitation agreement with the VIT Funds to reduce its fees and to reimburse expenses, at least until April 30, 2020, such that Total Annual VIT Funds Operating Expenses Net of Waiver and/or Reimbursement (exclusive of any front-end or contingent deferred loads, brokerage fees and commissions, acquired fund fees and expenses, fees and expenses associated with investments in other collective investment vehicles or derivative instruments (including for example option and swap fees and expenses), borrowing costs (such as interest and dividend expense on securities sold short), taxes and extraordinary expenses, such as litigation expenses (which may include indemnification of Portfolio officers and Trustees, contractual indemnification of Portfolio service providers (other than the Adviser)) will not exceed 2.00% and 2.50% of the average daily net assets attributable to the VIT Funds for their Class 1 and Class 2 shares, respectively, subject to possible recoupment from the VIT Funds in future years on a rolling three year basis (within the three years after the fees have been waived or reimbursed) if such recoupment can be achieved within the foregoing expense limits.

This Supplement dated May 29, 2019, and the Fund’s Prospectus and Statement of Additional Information each dated May 1, 2019, each provide information that you should know before investing in the Fund and should be retained for future reference. The Prospectus and Statement of Additional Information have been filed with the Securities and Exchange Commission and are incorporated herein by reference. These documents are available upon request and without charge by calling Shareholder Services at 1-877-7-PWRINC, or by visiting the Fund’s website at www.powermutualfunds.com.

Please retain this Supplement for future reference.



Power Momentum Index VIT Fund

Class 1 shares

Class 2 shares

Power Dividend Index VIT Fund

Class 1 shares

Class 2 shares

Power Income VIT Fund

Class 1 shares

Class 2 shares

PROSPECTUS

May 1, 2019

Advised by:

**W.E.
DONOGHUE
& CO., LLC**

DEFENSIVE TACTICAL ASSET MANAGEMENT

One International Place
Suite 2920
Boston, MA 02110

www.powermutualfunds.com

**1-877-7-PWRINC
(1-877-779-7462)**

This Prospectus provides important information about the Funds that you should know before investing. Please read it carefully and keep it for future reference.

These securities have not been approved or disapproved by the Securities and Exchange Commission nor has the Securities and Exchange Commission passed upon the accuracy or adequacy of this Prospectus. Any representation to the contrary is a criminal offense.

Beginning on January 1, 2021, as permitted by regulations adopted by the Securities and Exchange Commission, you may not be receiving paper copies of the Portfolio's shareholder reports from the insurance company that offers your contract unless you specifically request paper copies from the insurance company or from your financial intermediary. Instead, the shareholder reports will be made available on a website, and the insurance company will notify you by mail each time a report is posted and provide you with a website link to access the report. Instructions for requesting paper copies will be provided by your insurance company.

If you already elected to receive shareholder reports electronically, you will not be affected by this change and you need not take any action. You may elect to receive shareholder reports and other communications from the insurance company electronically by following the instructions provided by the insurance company.

You may elect to receive all future reports in paper free of charge from the insurance company. You should contact the insurance company if you wish to continue receiving paper copies of your shareholder reports. Your election to receive reports in paper will apply to all portfolio companies available under your contract at the insurance company.

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FUND SUMMARY – POWER MOMENTUM INDEX VIT FUND

Investment Objective: The Power Momentum Index VIT Fund's (the "Fund") investment objective is capital growth and income.

Fees and Expenses of the Fund: The following table describes the annual operating expenses that you pay indirectly if you invest in the Fund through your retirement plan or if you allocate your insurance contract premiums or payments to the Fund. However, each insurance contract and separate account involves fees and expenses that are not described in this Prospectus. If the fees and expenses of your insurance contract or separate account were included in this table, your overall expenses would be higher. You should review the insurance contract prospectus for a complete description of fees and expenses.

Annual Fund Operating Expenses (expenses that you pay each year as a percentage of the value of your investment)	Class 1	Class 2
Management Fees ⁽¹⁾	1.00%	1.00%
Distribution and Shareholder Service (12b-1) Fees	0.25%	0.50%
Other Expenses	0.25%	0.25%
Acquired Fund Fees and Expenses ⁽²⁾	0.04%	0.04%
Total Annual Fund Operating Expenses	1.54%	1.79%
Fee Waiver and/or Reimbursement ⁽¹⁾	(0.25)%	(0.25)%
Total Annual Fund Operating Expenses After Fee Waiver and/or Reimbursement	1.29%	1.54%

- (1) The Fund's adviser has contractually agreed to waive its fees and reimburse expenses of the Fund, at least until April 30, 2020, to ensure that Total Annual Fund Operating Expenses After Expense Waiver and Reimbursements (exclusive of any front-end or contingent deferred loads, brokerage fees and commissions, acquired fund fees and expenses, fees and expenses associated with investments in other collective investment vehicles or derivative instruments (including for example option and swap fees and expenses), borrowing costs (such as interest and dividend expense on securities sold short), taxes and extraordinary expenses, such as litigation, will not exceed 1.25% and 1.50% of the Fund's average daily net assets for Class 1 and Class 2 shares, respectively. These fee waivers and expense reimbursements by the adviser are subject to possible recoupment from the Fund in future years on a rolling three-year basis (within the three years of the fiscal year end during which the fees were waived or reimbursed) if such recoupment can be achieved within the foregoing expense limits. This agreement may be terminated only by the Fund's Board of Trustees on 60 days' written notice to the adviser.
- (2) Acquired Fund Fees and Expenses are the indirect costs of investing in other investment companies. The operating expenses in this fee table will not correlate to the expense ratio in the Fund's financial highlights because the financial statements include only the direct operating expenses incurred by the Fund, not the indirect costs of investing in other investment companies.

Example: This Example is intended to help you compare the cost of investing in the Fund with the cost of investing in other mutual funds.

The Example assumes that you invest \$10,000 in the Fund for the time periods indicated and then redeem all of your shares at the end of those periods. You would pay the same expenses if you did not redeem your shares. However, each insurance contract and separate account involves fees and expenses that are not included in the Example. If these fees and expenses were included in the Example, your overall expenses would be higher. The Example also assumes that your investment has a 5% return each year and that the Fund's operating expenses remain the same. Although your actual costs may be higher or lower, based upon these assumptions your costs would be:

	<u>1 Year</u>	<u>3 Years</u>	<u>5 Years</u>	<u>10 Years</u>
Class 1	\$131	\$462	\$816	\$1,813
Class 2	\$157	\$539	\$946	\$2,085

Portfolio Turnover: The Fund pays transaction costs, such as commissions, when it buys and sells securities (or "turns over" its portfolio). These costs, which are not reflected in Annual Fund Operating Expenses or in the Example, affect the Fund's performance. During the most recent fiscal year, the Fund's portfolio turnover rate was 458% of the average value of its portfolio.

Principal Investment Strategies:

The investment adviser seeks to achieve the Fund's investment objectives by investing Fund assets in the securities held by the W.E. Donoghue Power Momentum Index (the "Power Momentum Index", or "Index"). The adviser follows an Index replication process and, consequently, the Fund is expected to hold all the securities in the Index according to their Index weights.

The Index is a rules-based index that is composed of cash equivalents, high Sharpe Ratio stocks selected from the S-Network Large/Mid Cap 1000, or both. The Sharpe Ratio, a commonly used measure of risk-adjusted returns, is defined as a stock's average return less the risk free return, all divided by the standard deviation of the stock's return.

$$\text{Sharpe Ratio} = \frac{\text{Stock's Average Return} - \text{Risk Free Average Return}}{\text{Standard Deviation of Stock's Return}}$$

Thus, a high Sharpe Ratio will result from high returns that possess a low standard deviation.

The Index is constructed by using a daily buy-sell filter on each of the 10 industry sectors of a reference index constructed from the S-Network Large/Mid Cap 1000, an index made up of the 1000 largest U.S. companies. The reference index is the S-Network Sector Sharpe Ratio Large Cap Index ("SNSHRPX"). SNSHRPX is constructed by selecting the 5 stocks with the highest 90-day Sharpe Ratio from each of the 10 industry sectors within the S-Network Large/Mid Cap 1000. The 50 stocks selected are equally weighted and SNSHRPX is reconstituted quarterly.

For purposes of executing the Fund's investment strategy, the S-Network Large/Mid Cap 1000 is divided into the following industry sectors:

Consumer Discretionary	Consumer Staples	Energy	Financials (including REITs)	Healthcare
Industrials	Information Technology	Materials	Communication Services	Utilities

The Index makes a daily buy-sell evaluation of whether each of the 10 industry sectors of the SNSHRPX has a favorable return profile. If favorable, the Index holds the equally-weighted 5 constituent stocks of that sector of SNSHRPX. If unfavorable, the Index invests in cash equivalents. Under the Index selection process if no industry sectors are favorable, zero stocks are included; but if all industry sectors are favorable, 50 stocks (equally weighted) are included. If some industry sectors are favorable, fewer than 50 stocks are included and the Index is composed of a blend of cash equivalents and stocks.

The adviser follows an Index replication process and under normal circumstances the Fund will invest at least 80% of its net assets (plus any borrowing for investment purposes) in securities that compose the Index. Tracking the Index may require frequent buying and selling of securities to achieve the Fund's investment objectives.

Principal Investment Risks: *As with all mutual funds, there is the risk that you could lose money through your investment in the Fund. Many factors affect the Fund's net asset value and performance.*

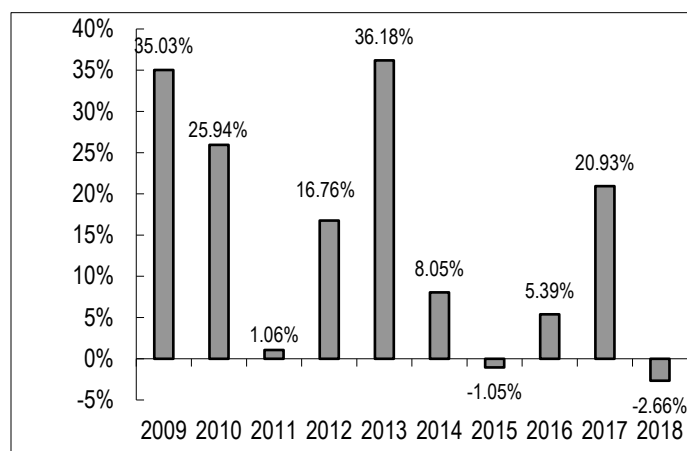
The following risks apply to the Fund:

- **Equity Risk.** Equity prices can fall rapidly in response to developments affecting a specific company or industry, or to changing economic, political or market conditions.
- **Hedging Risk.** The Index's defensive positioning may not effectively reduce the Fund's downside risk. Hedging strategies may not perform as anticipated.
- **Management Risk.** The ability of the Fund to meet its investment objective is related to the Adviser's investment strategy of Index replication. The Adviser's judgments, based on its investment strategies, about the attractiveness and potential appreciation of particular investments in which the Fund invests may prove to be incorrect.
- **Tracking Risk.** Securities in which the Fund invests will not be able to replicate exactly the performance of the Power Momentum Index because the total return generated by the securities will be reduced by transaction costs incurred in adjusting the actual balance of the securities. In addition, the Fund will incur expenses not incurred by Power Momentum Index.
- **Turnover Risk.** Higher portfolio turnover will result in higher transactional and brokerage costs.
- **Underlying Funds Risk.** When money market funds ("Underlying Funds") are utilized as cash equivalents, such Underlying Funds are subject to investment advisory and other expenses, which will be indirectly paid by the Fund. As a result, your cost of investing in the Fund will be higher than the cost of investing directly in Underlying Funds.

Performance: The following bar chart and table below provide some indication of the risks of investing in Class 1 shares of the Fund by showing changes in the Fund's performance from year to year and by showing how the Fund's average annual returns compare with those of a broad-based securities market index. Past performance does not necessarily indicate how the Fund will perform in the future. Updated performance information is available at no cost by visiting www.powermutualfunds.com or by calling 1-877-7-PWRINC.

W.E. Donoghue & Co., LLC became the Fund's Adviser on March 1, 2017. Effective with the change in Adviser, the Fund's investment objective, investment strategy and benchmark index changed. The performance results in the following charts do not reflect the Fund's current strategy.

Performance Bar Chart For Calendar Years Ended December 31



Best Quarter:	Third Quarter 2009	19.67%
Worst Quarter:	Third Quarter 2011	(19.44)%

Performance Table Average Annual Total Returns (For year ended December 31, 2018)

	One Year	Five Years	Ten Years	Since Inception ⁽¹⁾
Class 1 shares	(2.66)%	5.81%	13.74%	5.56%
S&P 500 TR Index ⁽²⁾ (reflects no deduction for fees, expenses, or taxes)	(4.38)%	8.49%	13.11%	6.86%

(1) The inception date of the Power Momentum Index VIT Fund is May 1, 2007.

(2) The S&P 500 TR Index is an unmanaged market Capitalization weighted index of 500 of the largest capitalized U.S. domiciled companies. Index returns assume reinvestment of dividends. Investors may not invest in the indexes directly; unlike the Fund's returns, the indexes do not reflect any fees or expenses.

Investment Adviser: W.E. Donoghue & Co., LLC is the Fund's investment Adviser.

Portfolio Managers: Richard E. Molari, COO of the Adviser, Jeffrey R. Thompson, CEO of the Adviser, and William B. Dowler, Treasurer and Chief Compliance Officer of the Adviser have each served the Fund as a Portfolio Co-Manager since March 2017. John A. Forlines, Co-CIO of the Adviser and Robert Shea, President and Co-CIO of the Adviser have each served the Fund as a Portfolio Co-Manager since December 31, 2017.

Purchase and Sale of Fund Shares: Shares of the Fund are sold to certain separate accounts of the participating life insurance company, as well as qualified pension and retirement plans and certain unregistered separate accounts. You and other purchasers of variable annuity contracts, variable life contracts, participants in pension and retirement plans will not purchase or own shares of the Fund directly. Rather, all shares will be held by the separate accounts or plans for your benefit and the benefit of other purchasers of variable annuity contracts or participants. Shares of the Fund may be purchased and redeemed on any day that the New York Stock Exchange is open.

Tax Information: It is the Fund's intention to distribute all such income and gains. Generally, owners of variable insurance contracts are not taxed currently on income or gains realized with respect to such contracts. However, some distributions from such contracts may be taxable at ordinary income tax rates. In addition, distributions made to an owner who is younger than 59 1/2 may be subject to a 10% penalty tax. Investors should ask their own tax advisors for more information on their own tax situation, including possible state or local taxes. Please refer to your insurance contract prospectus or retirement plan documents for additional information on taxes.

Payments to Broker-Dealers and Other Financial Intermediaries: If you purchase shares of the Fund through a broker-dealer or other financial intermediary (such as a bank or insurance company), the Fund and its related companies may pay the intermediary for the sale of Fund shares and related services. These payments may create a conflict of interest by influencing the broker-dealer or other intermediary and your salesperson to recommend the Fund over another investment. Ask your salesperson for more information.

FUND SUMMARY – POWER DIVIDEND INDEX VIT FUND

Investment Objective: The Power Dividend Index VIT Fund's (the "Fund") primary investment objective is total return from income and capital appreciation. Capital Preservation is a secondary objective of the Fund.

Fees and Expenses of the Fund: The following table describes the annual operating expenses that you pay indirectly if you invest in the Fund through your retirement plan or if you allocate your insurance contract premiums or payments to the Fund. However, each insurance contract and separate account involves fees and expenses that are not described in this Prospectus. If the fees and expenses of your insurance contract or separate account were included in this table, your overall expenses would be higher. You should review the insurance contract prospectus for a complete description of fees and expenses.

Annual Fund Operating Expenses (expenses that you pay each year as a percentage of the value of your investment)	Class 1	Class 2
Management Fees ⁽¹⁾	1.00%	1.00%
Distribution and Shareholder Service (12b-1) Fees	0.25%	0.50%
Other Expenses	0.55%	0.55%
Acquired Fund Fees and Expenses ⁽²⁾	0.02%	0.02%
Total Annual Fund Operating Expenses	1.82%	2.07%
Fee Waiver and/or Reimbursement ⁽¹⁾	(0.55)%	(0.55)%
Total Annual Fund Operating Expenses After Fee Waiver and/or Reimbursement	1.27%	1.52%

- (1) The Fund's adviser has contractually agreed to waive its fees and reimburse expenses of the Fund, at least until April 30, 2020, to ensure that Total Annual Fund Operating Expenses After Expense Waiver and Reimbursements (exclusive of any front-end or contingent deferred loads, brokerage fees and commissions, acquired fund fees and expenses, fees and expenses associated with investments in other collective investment vehicles or derivative instruments (including for example option and swap fees and expenses), borrowing costs (such as interest and dividend expense on securities sold short), taxes and extraordinary expenses, such as litigation, will not exceed 1.25% and 1.50% of the Fund's average daily net assets for Class 1 and Class 2 shares, respectively. These fee waivers and expense reimbursements by the adviser are subject to possible recoupment from the Fund in future years on a rolling three-year basis (within the three years of the fiscal year end during which the fees were waived or reimbursed) if such recoupment can be achieved within the foregoing expense limits. This agreement may be terminated only by the Fund's Board of Trustees on 60 days' written notice to the adviser.
- (2) Acquired Fund Fees and Expenses are the indirect costs of investing in other investment companies. The operating expenses in this fee table will not correlate to the expense ratio in the Fund's financial highlights because the financial statements include only the direct operating expenses incurred by the Fund, not the indirect costs of investing in other investment companies.

Example: This Example is intended to help you compare the cost of investing in the Fund with the cost of investing in other mutual funds.

The Example assumes that you invest \$10,000 in the Fund for the time periods indicated and then redeem all of your shares at the end of those periods. You would pay the same expenses if you did not redeem your shares. However, each insurance contract and separate account involves fees and expenses that are not included in the Example. If these fees and expenses were included in the Example, your overall expenses would be higher. The Example also assumes that your investment has a 5% return each year and that the Fund's operating expenses remain the same. Although your actual costs may be higher or lower, based upon these assumptions your costs would be:

	<u>1 Year</u>	<u>3 Years</u>	<u>5 Years</u>	<u>10 Years</u>
Class 1	\$129	\$519	\$934	\$2,092
Class 2	\$155	\$596	\$1,063	\$2,356

Portfolio Turnover: The Fund pays transaction costs, such as commissions, when it buys and sells securities (or "turns over" its portfolio). These costs, which are not reflected in annual Fund Operating Expenses or in the Example, affect the Fund's performance. A higher portfolio turnover rate may indicate higher transaction costs. During the most recent fiscal year, the Fund's portfolio turnover rate was 322% of the average value of its portfolio.

Principal Investment Strategies:

The investment Adviser seeks to achieve the Fund's investment objectives by investing Fund assets in the securities held by the W.E. Donoghue Power Dividend Index (the "Power Dividend Index" or "Index"). The Adviser follows an Index replication process and, consequently, the Fund is expected to hold all the securities in the Index according to their Index weights.

The Index is a rules-based index that is composed of either cash equivalents or high-dividend stocks selected from the S-Network Large/Mid Cap 1000, an index made up of the 1000 largest U.S. companies. The Index is constructed by using a daily buy-sell filter on a reference index of high-dividend stocks within the S-Network Large/Mid Cap 1000. The reference index is the S-Network Sector Dividend Dogs Index ("SNDGX"). SNDGX is constructed by selecting the 5 stocks with the highest dividend yields from each of the 10 industry sectors within the S-Network Large/Mid Cap 1000. Dividend yields are measured as of November of each year. The 50 stocks selected are equally weighted and SNDGX is rebalanced quarterly to maintain equal weights among the stocks.

For purposes of executing the Fund's investment strategy, the S-Network Large/Mid Cap 1000 is divided into the following industry sectors:

Consumer Discretionary	Consumer Staples	Energy	Financials (including REITs)	Healthcare
Industrials	Information Technology	Materials	Communication Services	Utilities

The Index makes a daily buy-sell evaluation of whether the SNDGX has a favorable return profile. If favorable, the Index holds the equally-weighted 50 constituent stocks in SNDGX. If unfavorable, the Index invests in cash equivalents.

The Adviser follows an Index replication process and under normal circumstances the Fund will invest at least 80% of its net assets (plus any borrowing for investment purposes) in securities that compose the Index. Tracking the Index may require frequent buying and selling of securities to achieve the Fund's investment objectives.

Principal Investment Risks: *As with all mutual funds, there is the risk that you could lose money through your investment in the Fund. Many factors affect the Fund's net asset value and performance.*

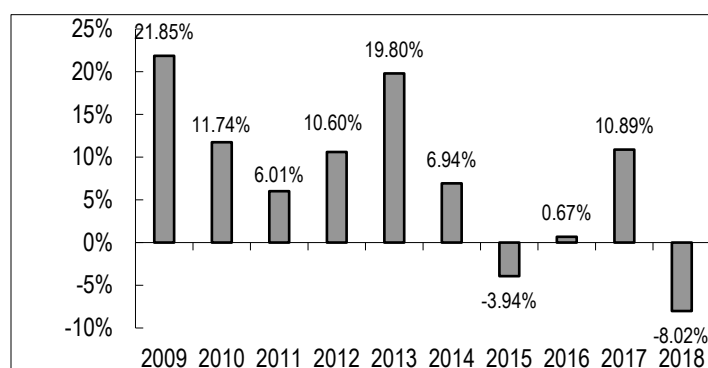
The following risks apply to the Fund:

- **Equity Risk.** Equity prices can fall rapidly in response to developments affecting a specific company or industry, or to changing economic, political or market conditions.
- **Hedging Risk.** The Index's defensive positioning may not effectively hedge the Fund's downside risk. Hedging strategies may not perform as anticipated.
- **Management Risk.** The ability of the Fund to meet its investment objective is related to the Adviser's investment strategy of Index replication. The Adviser's judgments, based on its investment strategies, about the attractiveness and potential appreciation of particular investments in which the Fund invests may prove to be incorrect.
- **Tracking Risk.** Securities in which the Fund invests will not be able to replicate exactly the performance of the Power Dividend Index because the total return generated by the securities will be reduced by transaction costs incurred in adjusting the actual balance of the securities. In addition, the Fund will incur expenses not incurred by Power Dividend Index.
- **Turnover Risk.** Higher portfolio turnover will result in higher transactional and brokerage costs.
- **Underlying Funds Risk.** When money market funds ("Underlying Funds") are utilized as cash equivalents, such Underlying Funds are subject to investment advisory and other expenses, which will be indirectly paid by the Fund. As a result, your cost of investing in the Fund will be higher than the cost of investing directly in Underlying Funds.

Performance: The following bar chart and table below provide some indication of the risks of investing in Class 1 shares of the Fund by showing changes in the Fund's performance from year to year and by showing how the Fund's average annual returns compare with those of a broad-based securities market index and two supplemental indices. Past performance does not necessarily indicate how the Fund will perform in the future. Updated performance information is available at no cost by visiting www.powermutualfunds.com or by calling 1-877-7-PWRINC.

W.E. Donoghue & Co., LLC became the Fund's Adviser on March 1, 2017. Effective with the change in Adviser, the Fund's investment objective, investment strategy and benchmark index changed. The performance results in the following charts do not reflect the Fund's current strategy.

Performance Bar Chart For Calendar Years Ended December 31



Best Quarter:	Second Quarter 2009	13.16%
Worst Quarter:	Third Quarter 2011	(8.81)%

Performance Table Average Annual Total Returns (For year ended December 31, 2018)

	One Year	Five Years	Ten Years	Since Inception ⁽¹⁾
Class 1 Return before taxes	(8.02)%	1.07%	7.27%	3.70%
S&P 500 TR Index ⁽²⁾ (reflects no deduction for fees, expenses, or taxes)	(4.38)%	8.49%	13.11%	6.86%
S&P 500 Value TR Index ⁽³⁾ (reflects no deduction for fees, expenses or taxes)	(8.95)%	6.06%	11.20%	4.64%

(1) The inception date of the Power Dividend Index VIT Fund is May 1, 2007.

(2) The S&P 500 Total Return Index is an unmanaged market capitalization weighted index of 500 of the largest capitalized U.S. domiciled companies. Index returns assume reinvestment of dividends. Investors may not invest in the indexes directly; unlike the Fund's returns, the indexes do not reflect any fees or expenses.

(3) The S&P 500 Value TR Index measures the performance of the large-capitalization value sector in the US equity market. It is a subset of the S&P 500 Index and consists of those stocks in the S&P 500 Index exhibiting the strongest value characteristics.

Investment Adviser: W.E. Donoghue & Co., LLC is the Fund's investment Adviser.

Portfolio Managers: Richard E. Molari, COO of the Adviser, Jeffrey R. Thompson, CEO of the Adviser, and William B. Dowler, Treasurer and Chief Compliance Officer of the Adviser, have each served the Fund as a Portfolio Co-Manager since March 2017. John A. Forlines, Co-CIO of the Adviser and Robert Shea, President and Co-CIO of the Adviser have each served the Fund as a Portfolio Co-Manager since December 2017.

Purchase and Sale of Fund Shares: Shares of the Fund are sold to certain separate accounts of the participating life insurance company, as well as qualified pension and retirement plans and certain unregistered separate accounts. You and other purchasers of variable annuity contracts, variable life contracts, participants in pension and retirement plans will not purchase or own shares of the Fund directly. Rather, all shares will be held by the separate accounts or plans for your benefit and the benefit of other purchasers of variable annuity contracts or participants. Shares of the Fund may be purchased and redeemed on any day that the New York Stock Exchange is open.

Tax Information: It is the Fund's intention to distribute all such income and gains. Generally, owners of variable insurance contracts are not taxed currently on income or gains realized with respect to such contracts. However, some distributions from such contracts may be taxable at ordinary income tax rates. In addition, distributions made to an owner who is younger than 59 1/2 may be subject to a 10% penalty tax. Investors should ask their own tax advisors for more information on their own tax situation, including possible state or local taxes. Please refer to your insurance contract prospectus or retirement plan documents for additional information on taxes.

Payments to Broker-Dealers and Other Financial Intermediaries: If you purchase shares of the Fund through a broker-dealer or other financial intermediary (such as a bank or insurance company), the Fund and its related companies may pay the intermediary for the sale of Fund shares and related services. These payments may create a conflict of interest by influencing the broker-dealer or other intermediary and your salesperson to recommend the Fund over another investment. Ask your salesperson for more information.

FUND SUMMARY – POWER INCOME VIT FUND

Investment Objectives: The Power Income VIT Fund's (the "Fund") primary investment objective is total return from income and capital appreciation with capital preservation as a secondary objective.

Fees and Expenses of the Fund: This table describes the annual operating expenses that you may indirectly pay if you invest in the Fund through your retirement plan or if you allocate your insurance contract premiums or payments to the Fund. However, each insurance contract and separate account involves fees and expenses that are not described in this Prospectus. If the fees and expenses of your insurance contract or separate account were included in this table, your overall expenses would be higher. You should review the insurance contract prospectus for a complete description of fees and expenses. In the table below, Acquired Fund Fees and Expenses are the indirect costs of investing in other investment companies.

Annual Fund Operating Expenses (expenses that you pay each year as a percentage of the value of your investment)	Class 1 Shares	Class 2 Shares
Management Fees	1.00%	1.00%
Distribution and Service (12b-1) Fees	None	0.50%
Other Expenses	1.34%	1.34%
Acquired Fund Fees and Expenses ⁽¹⁾	<u>0.48%</u>	<u>0.48%</u>
Total Annual Fund Operating Expenses	2.82%	3.32%
Fee Waiver and Reimbursement ⁽²⁾	(0.34)%	(0.34)%
Total Annual Fund Operating Expenses After Fee Waiver	2.48%	2.98%

- (1) Acquired Fund Fees and Expenses are the indirect costs of investing in other investment companies. The operating expenses in this fee table will not correlate to the expense ratio in the Fund's financial highlights because the financial statements include only the direct operating expenses incurred by the Fund.
- (2) The adviser has contractually agreed to waive its management fees and to make payments to limit Fund expenses, until April 30, 2020 so that the total annual operating expenses exclusive of "(i) any front-end or contingent deferred loads; (ii) brokerage fees and commissions; (iii) acquired fund fees and expenses; (iv) fees and expenses associated with investments in other collective investment vehicles or derivative instruments (including for example options and swap fees and expenses); (v) borrowing costs (such as interest and dividend expense on securities sold short); (vi) taxes; and (vii) extraordinary expenses, such as litigation expenses (which may include indemnification of Fund officers and Trustees, contractual indemnification of Fund service providers (other than the adviser) of the Fund do not exceed 2.00% and 2.50% for Class 1 and Class 2 Shares, respectively. These fee waivers and expense reimbursements are subject to possible recoupment from the Fund in future years (within the three years after the fees have been waived or reimbursed) if such recoupment can be achieved within the foregoing expense limits. This agreement may be terminated only by the Fund's Board of Trustees, on 60 days' written notice to the adviser.

Example: This Example is intended to help you compare the cost of investing in the Fund with the cost of investing in other mutual funds.

The Example assumes that you invest \$10,000 in the Fund for the time periods indicated and then redeem all of your shares at the end of those periods. You would pay the same expenses if you did not redeem your shares. However, each insurance contract and separate account involves fees and expenses that are not included in the Example. If these fees and expenses were included in the Example, your overall expenses would be higher. The Example also assumes that your investment has a 5% return each year and that the Fund's operating expenses remain the same. Although your actual costs may be higher or lower, based upon these assumptions your costs would be:

Class	1 Year	3 Years	5 Years	10 Years
Class 1	\$251	\$842	\$1,459	\$3,123
Class 2	\$301	\$990	\$1,702	\$3,590

Portfolio Turnover: The Fund pays transaction costs, such as commissions, when it buys and sells securities (or "turns over" its Fund). These costs, which are not reflected in annual Fund operating expenses or in the Example, affect the Fund's performance. A higher portfolio turnover rate may indicate higher transaction costs. During the most recent fiscal year, the Fund's portfolio turnover rate was 316% of the average value of its portfolio.

Principal Investment Strategies: The Fund's investment Adviser seeks to achieve the Fund's primary investment objective by investing in an income-producing fixed income and alternative strategy exchange-traded funds ("ETFs"). The adviser invests Fund assets in ETFs without restriction as to minimum issuer credit quality, sector, capitalization, country of origin, or security maturity. Fixed income ETFs may invest in non-investment grade fixed-income securities, commonly known as "high yield" or "junk bonds", that are rated below Baa3 by Moody's Investors Service or similarly by another rating agency. The Fund considers alternative strategy ETFs to be those that invest in commodities, currencies and other alternative assets REITs and master-limited partnerships (MLPs). The Fund may also invest in ETFs that primarily invest in dividend-paying securities of U.S., foreign and emerging market issuers. The Fund considers emerging market issuers to be those countries represented in the MSCI Emerging Markets Index. In pursuing its investment objectives, the Fund may also invest in other mutual funds that are advised by the Fund's adviser.

The Adviser seeks to achieve the Fund's secondary investment objective by reallocating the Fund's investment portfolio to short-term maturity fixed income ETFs when it believes fixed income markets will decline. During such periods, the Fund may invest up to 100% of its assets in such short-term maturity fixed income ETFs. Accordingly, the Fund may not be able to achieve its primary investment objective of total return during these periods.

The adviser tactically allocates the Fund's assets based on credit research and long-term market trends. In selecting ETFs for the Fund's portfolio. The adviser considers an ETF's underlying holdings, the investment exposure of the ETF and its liquidity.

Adviser may engage in frequent buying and selling of securities to achieve the Fund's investment objectives.

Principal Investment Risks: *As with all mutual funds, there is the risk that you could lose money through your investment in the Fund. Many factors affect the Fund's net asset value and performance.*

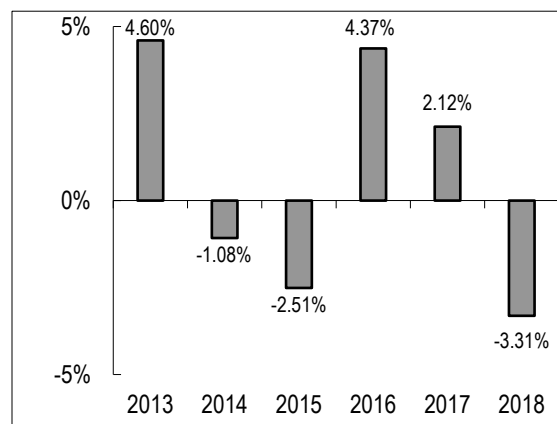
The following risks apply to the Fund through its investments in ETFs and mutual funds.

- **Affiliated Fund Risk.** The Fund may invest in other mutual funds that are also advised by the Fund's adviser (the "Affiliated Funds"). The Adviser, therefore, is subject to conflicts of interest in allocating the Fund's assets among the Affiliated Funds. The Adviser may receive more revenue to the extent it selects Affiliated Fund rather than an unaffiliated fund for inclusion in the Fund's portfolio. In addition, the Adviser may have an incentive to allocate the Fund's assets to those Affiliated Funds for which the net advisory fees payable to the Adviser are higher than the fees payable by other Affiliated Funds.
- **Commodities Risk.** Investing in the commodities markets may subject the Fund to greater volatility than investments in traditional securities. Commodity prices may be influenced by unfavorable weather, animal and plant disease, geologic and environmental factors as well as changes in government regulation such as tariffs, embargoes or burdensome production rules and restrictions.
- **Currency Risk.** If the Fund invests in ETFs that trade in, and receive revenues in, foreign currencies, it will be subject to the risk that those currencies will decline in value relative to the U.S. dollar, or, in the case of hedging positions, that the U.S. dollar will decline in value relative to the currency being hedged. As a result, the Fund's exposure to foreign currency-denominated securities may reduce the Fund's returns.
- **Duration Risk.** Longer-term securities may be more sensitive to interest rate changes. Given the recent, historically low interest rates and the potential for increases in those rates, a heightened risk is posed by rising interest rates to a fund whose portfolios include longer-term fixed income securities. Duration is the measure of the sensitivity of a debt security to changes in market interest rates. For example, if interest rates increase by 1%, a fixed income security with a duration of two years will decrease in value by approximately 2%.
- **Emerging Market Risk.** There are typically greater risks involved in investing in emerging markets securities. Generally, economic structures in these countries are less diverse and mature than those in developed countries and their political systems tend to be less stable. Emerging market economies may be based on only a few industries, therefore security issuers, including governments, may be more susceptible to economic weakness and more likely to default. Emerging market countries also may have relatively unstable governments, weaker economies, and less-developed legal systems with fewer security holder rights. Investments in emerging markets countries may be affected by government policies that restrict foreign investment in certain issuers or industries.
- **ETF Risk.** ETFs are subject to investment advisory fees and other expenses, which will be indirectly paid by the Fund. As a result, your cost of investing in the Fund will be higher than the cost of investing directly in other mutual funds and ETFs and may be higher than other mutual funds that invest directly in fixed income securities and equities. ETFs are listed on national stock exchanges and are traded like stocks listed on an exchange. ETF shares may trade at a discount to or a premium above net asset value if there is a limited market in such shares. ETFs are also subject to brokerage and other trading costs, which could result in greater expenses to the Fund.
- **Fixed Income Risk.** When the Fund invests in fixed income securities, the value of the Fund will fluctuate with changes in interest rates. Defaults by fixed income issuers in which the Fund invests will also harm performance. Recently, interest rates have been historically low. Current conditions may result in a rise in interest rates, which in turn may result in a decline in the value of the fixed income investments held by the fund. As a result, for the present, interest rate risk may be heightened.
- **Foreign Risk.** Foreign investing involves risks not typically associated with U.S. investments, including adverse fluctuations in foreign currency values, adverse political, social and economic developments, less liquidity, greater volatility, less developed or less efficient trading markets, political instability and differing auditing and legal standards. Investing in emerging markets imposes risks different from, or greater than, risks of investing in foreign developed countries.

- **Junk Bond Risk.** Lower-quality bonds, known as “high yield” or “junk” bonds, present greater risk than bonds of higher quality, including an increased risk of default. An economic downturn or period of rising interest rates could adversely affect the market for these bonds and reduce the Fund’s ability to sell its bonds. The lack of a liquid market for these bonds could decrease the Fund’s share price.
- **Liquidity Risk.** Liquidity risk exists when particular investments are difficult to purchase or sell. This can reduce the fund’s returns because the fund may be unable to transact at advantageous times or prices. Recently, interest rates have been historically low. Current conditions may result in a rise in interest rates, and a potential rise in interest rates may result in periods of volatility and increased redemptions. As a result of increased redemptions, the fund may have to liquidate portfolio securities at disadvantageous prices and times, which could reduce the returns of the fund. The reduction in dealer market-making capacity in the fixed income markets that has occurred in recent years also has the potential to decrease liquidity.
- **Management Risk.** The Adviser’s judgments about the attractiveness, value and potential appreciation of particular security in which the Fund invests may prove to be incorrect and may not produce the desired results.
- **Master-Limited Partnership (“MLP”) Risk.** Investments in MLPs and MLP related securities involve risks different from those of investing in common stock including risks related to limited control and limited rights to vote on matters affecting the MLP or MLP-related security, risks related to potential conflicts of interest between an MLP and the MLP’s general partner, cash flow risks, dilution risks and risks related to the general partner’s limited call right. MLPs and MLP-related securities are generally considered interest-rate sensitive investments. During periods of interest rate volatility, these investments may not provide attractive returns. Depending on the state of interest rates in general, the use of MLPs or MLP-related securities could enhance or harm the overall performance of the Fund.
- **Mutual Fund Risk.** Mutual funds are subject to investment advisory fees and other expenses, which will be indirectly paid by the Fund. As a result, your cost of investing in the Fund will be higher than the cost of investing directly in other mutual funds and may be higher than other mutual funds that invest directly in fixed income securities. Each mutual fund is subject to specific risks, depending on the nature of the fund.
- **REIT Risk.** Investing in real estate investment trusts, or “REITs”, involves certain unique risks in addition to those associated with the real estate sector generally. REITs whose underlying properties are concentrated in a particular industry or region are also subject to risks affecting such industries and regions. REITs (especially mortgage REITs) are also subject to interest rate risks. By investing in REITs through the Fund, a shareholder will bear expenses of the REITs in addition to Fund expenses.
- **Turnover Risk.** A higher portfolio turnover will result in higher transactional and brokerage costs.

Performance: The bar chart and performance table set out below help show the returns and risks of investing in the Fund. The bar chart shows performance of the Class 2 shares of the Fund for each full calendar year since the Fund’s inception. The performance table compares the performance of the Fund over time to the performance of a broad-based securities market index. You should be aware that the Fund’s past performance may not be an indication of how the Fund will perform in the future. Updated performance information is available at no cost by visiting www.powermutualfunds.com or by calling 1-877-7-PWRINC.

Performance Bar Chart for Calendar Years Ended December 31¹



Best Quarter:	2 nd Quarter 2016	2.56%
Worst Quarter:	4 th Quarter 2018	(2.82)%

¹ The returns are for Class 2 Shares, which have substantially similar annual returns as the Class 1 shares because the shares are invested in the same portfolio of securities and the returns for Class 1 Shares would differ only to the extent that the classes do not have the same expenses.

Performance Table
Average Annual Total Returns
(For periods ended December 31, 2018)

	One Year	Five Years	Since Inception⁽¹⁾
Class 2 Shares	(3.31)%	(0.12)%	(0.99)%
Class 1 Shares	(1.08)%	1.93%	2.77%
Bloomberg Barclays Aggregate Bond Index ⁽²⁾	0.01%	2.52%	1.99%

(1) The Inception date of the Power Income VIT Fund is April 30, 2012.

(2) The Bloomberg Barclays Aggregate Bond Index is a market capitalization-weighted index, meaning the securities in the index are weighted according to the market size of each bond type. Most U.S. traded investment grade bonds are represented. Municipal bonds and Treasury Inflation-Protected Securities are excluded, due to tax treatment issues. The index includes U.S. Treasury securities, Government agency bonds, mortgage-backed bonds, corporate bonds, and a small amount of foreign bonds traded in U.S. Unlike the Fund's returns, the Bloomberg Aggregate Bond Index does not reflect any fees or expenses. An investor cannot invest directly in an index.

Investment Adviser: W.E. Donoghue & Co., LLC

Portfolio Managers Richard E. Molari, COO, Jeffrey R. Thompson, President and CEO of the adviser and William B. Dowler, Treasurer and Chief Compliance Officer of the adviser, John Forlines, Co-CIO of the adviser and Robert Shea, President and Co-CIO of the adviser each serve the Fund as a Portfolio Co-Manager. Each Portfolio Co-Manager is primarily and jointly responsible for the day-to-day management of the Fund. Mr. Thompson and Mr. Dowler have each served the Fund as a Portfolio Co-Manager since it commenced operations in 2010. Mr. Molari has served the Fund as a Portfolio Co-Manager since October 2016. Mr. Forlines and Mr. Shea have served the Fund as Portfolio Co-Managers since October 2018.

Purchase and Sale of Fund Shares: Shares of the Fund are intended to be sold to certain separate accounts of the participating life insurance companies, as well as qualified pension and retirement plans and certain unregistered separate accounts. You and other purchasers of variable annuity contracts, variable life contracts, participants in pension and retirement plans will not own shares of the Fund directly. Rather, all shares will be held by the separate accounts or plans for your benefit and the benefit of other purchasers or participants. Please refer to your insurance contract prospectus or retirement plan documents for additional information on purchase and sale of shares. You may purchase and redeem shares of the Fund on any day that the New York Stock Exchange is open, or as permitted under your insurance contract, separate account or retirement plan.

Tax Information: It is the Fund's intention to distribute all realized income and gains. Generally, owners of variable insurance contracts are not taxed currently on income or gains realized with respect to such contracts. However, some distributions from such contracts may be taxable at ordinary income tax rates. In addition, distributions made to an owner who is younger than 59 1/2 may be subject to a 10% penalty tax. Investors should ask their own tax advisors for more information on their own tax situation, including possible state or local taxes. Please refer to your insurance contract prospectus or retirement plan documents for additional information on taxes.

Payments to Broker-Dealers and Other Financial Intermediaries: If you purchase the Fund through a broker-dealer or other financial intermediary (such as a bank or insurance company), the Fund and its related companies may pay the intermediary for the sale of Fund shares and related services. These payments may create a conflict of interest by influencing the broker-dealer or other intermediary and your salesperson to recommend the Fund over another investment. Ask your salesperson for more information.

ADDITIONAL INFORMATION ABOUT PRINCIPAL INVESTMENT STRATEGIES AND RELATED RISKS

GENERAL INFORMATION ABOUT THE FUNDS AND ADVISER

This Prospectus describes the Power Momentum Index VIT Fund, Power Dividend Index VIT Fund and the Power Income VIT Fund (collectively, the "Power VIT Funds," or the "Funds"), each a series of Northern Lights Variable Trust, a Delaware statutory trust (the "Trust"). W.E. Donoghue & Co., LLC (the "Adviser") serves as each Fund's investment Adviser. The Funds are intended to be funding vehicles for variable annuity contracts and flexible premium variable life insurance policies offered by the separate accounts of various insurance companies.

The Trust has received an exemptive order from the SEC ("Exemptive Order") that permits the portfolios of the Trust, including the Funds, to sell shares to separate accounts of unaffiliated insurance companies, and pension and retirement plans that qualify for special income tax treatment. These arrangements may present certain conflicts of interest due to differences in tax treatment and other considerations such that the interests of various variable contract owners participating in a portfolio and the interests of pension and retirement plans investing in a portfolio may conflict. For example, violation of the federal tax laws by one insurance company separate account investing directly or indirectly in a portfolio could cause other variable insurance products funded by the separate account of another insurance company to lose their tax-deferred status unless remedial actions were taken. It is possible that a difference may arise among the interests of the holders of different types of contracts - for example, if applicable state insurance law or contract owner instructions prevent a participating insurance company from continuing to invest in a portfolio following a change in the portfolio's investment policies, or if different tax laws apply to flexible premium variable life insurance contracts and variable annuities. The Trust's Board of Trustees (the "Board") and each participating insurance company will attempt to monitor events to prevent such differences from arising. As a condition of the Exemptive Order, the Board will monitor events in order to identify any material irreconcilable conflicts which may arise (such as those arising from tax or other differences), and to determine what action, if any, should be taken in response to such conflicts. If such a conflict were to occur, one or more insurance companies' separate accounts might be required to withdraw their investments in one or more of the portfolios. This might force a portfolio, such as one of the Funds, to sell its securities at disadvantageous prices which could cause a decrease in the portfolio's NAV.

Individual variable annuity contract holders and flexible premium variable life insurance policy holders are not "shareholders" of each Fund. The participating insurance company and its separate accounts are the shareholders or investors, although such company will pass through voting rights to its variable annuity contract or flexible premium variable life insurance policy holders. Shares of the Funds are not offered directly to the general public.

Each Fund has its own distinct investment objective, strategies and risks. The Adviser, under the supervision of the Board, is responsible for constructing and monitoring the investment objective and principal investment strategies of each Fund. Each Fund invests within a specific segment (or portion) of the capital markets and invests in a wide variety of securities consistent with its investment objective and style. The potential risks and returns of a Fund vary with the degree to which the Fund invests in a particular market segment and/or asset class.

INVESTMENT OBJECTIVES

The primary investment objective of the Power Momentum Index VIT Fund is capital growth and income. The Fund's investment objective and its 80% investment policy may be changed by the Fund's Board of Trustees upon 60 days' written notice to shareholders. If the Fund's 80% investment policy is changed, this will require the Fund also change its name.

The primary investment objective of the Power Dividend Index VIT Fund is total return from income and capital appreciation. Capital Preservation is a secondary objective of the Fund. The Fund's investment objectives and its 80% investment policy may be changed by the Fund's Board of Trustees upon 60 days' written notice to shareholders. If the Fund's 80% investment policy is changed, this will require the Fund also change its name.

The primary investment objective of the Power Income VIT Fund is total return from income and capital appreciation with capital preservation as a secondary objective. The Fund's investment objectives may be changed without shareholder approval by the Fund's Board of Trustees upon 60 days written notice to shareholders.

PRINCIPAL INVESTMENT STRATEGIES

Power Momentum Index VIT Fund

The Adviser seeks to achieve the Fund's investment objectives by investing Fund assets in the securities held by the W.E. Donoghue Power Momentum Index (the "Power Momentum Index", or "Index"). The Adviser follows an Index replication process and, consequently, the Fund is expected to hold all the securities in the Index according to their Index weights. If the Fund holds an investment in common stock of a company that is removed from the S-Network Large/Mid Cap 1000 Index, that position will be sold, consistent with the Index's creation protocol. The Adviser has entered a licensing agreement with the S-Network Large/Mid Cap 1000 Index and the S-Network Sharpe Ratio Large Cap Index ("SNSHRPX") for and in connection with its proprietary Power Momentum Index VIT Fund with respect to the SNSHRPX Index of 50 stocks (five from each of the ten industry sectors (as modified) which comprise the S-Network Large/Mid Cap 1000), as determined by the highest risk adjusted returns for the previous calendar quarter. The "W.E. Donoghue Power Momentum Index" has been licensed for use by W.E. Donoghue & Co., LLC. W.E. Donoghue & Co., LLC's Power Momentum Index is not sponsored, endorsed, sold or promoted by S&P Dow Jones Indices LLC, Dow Jones, S&P, their respective affiliates, and neither S&P Dow Jones Indices LLC, Dow Jones, S&P, nor their respective affiliates make any representation regarding the advisability of investing in such product(s).

Power Momentum Index's Technical Trend Analysis

The Index utilizes its rules-based, tactical asset allocation methodology, in part, to construct the Index portfolio by using technical trend analysis. The Index makes a daily buy-sell evaluation of whether each of the 10 industry sectors of the SNSHRPX has a favorable return profile. If favorable, the Index holds the equally-weighted 5 constituent stocks of that sector of SNSHRPX. If unfavorable, the Index invests in cash equivalents. The relative strength of the market is evaluated to identify whether the market is bullish or bearish. The Index employs its defensive technical trading system to determine when to switch between equity securities and cash equivalents. The Adviser believes this aspect of the Index is a relatively conservative portfolio approach to defensive trading to manage risks and back out of the market and into defensive positions when conditions warrant. The Adviser believes this technical trend strategy, which moves between fully invested and defensive positions in each separate sector, will reduce losses during a downturn and participate in gains during upturns. This technical trend analysis, in general, operates according to the momentum of the markets, and not on subjective judgments.

Power Dividend Index VIT Fund

The Adviser seeks to achieve the Fund's investment objectives by investing Fund assets in the securities held by the W.E. Donoghue Power Dividend Index (the "Power Dividend Index" or "Index"). The Adviser follows an Index replication process and, consequently, the Fund is expected to hold all the securities in the Index according to their Index weights. If the Fund holds an investment in common stock of a company that is removed from the S-Network Large/Mid Cap 1000 Index, that position will be sold, consistent with the Index's creation protocol. The Adviser has entered a licensing agreement with the S-Network Large/Mid Cap 1000 index and the S-Network Sector Dividend Dogs Index ("SNDGX") for and in connection with its proprietary Power Dividend Index VIT Fund with respect to the SNDGX Index of 50 stocks (five from each of the ten industry sectors (as modified) which comprise the S-Network Large/Mid Cap 1000), as determined by the highest dividend yields as of November of each year. The "W.E. Donoghue Power Dividend Index" is a product of S&P Dow Jones Indices LLC, and has been licensed for use by W.E. Donoghue & Co., LLC. W.E. Donoghue & Co., LLC's Power Dividend Index is not sponsored, endorsed, sold or promoted by S&P Dow Jones Indices LLC, Dow Jones, S&P, their respective affiliates, or S-Network Global Indexes LLC and neither S&P Dow Jones Indices LLC, Dow Jones, S&P, their respective affiliates or S-Network Global Indexes make any representation regarding the advisability of investing in such product(s).

Power Dividend Index's Technical Trend Analysis

The Index utilizes its rules-based, tactical asset allocation methodology, in part, to construct the Index portfolio by using technical trend analysis. The Index makes a daily buy-sell evaluation of whether the SNDGX has a favorable return profile. If favorable, the Index holds the equally-weighted 50 constituent stocks in SNDGX. If unfavorable, the Index invests in cash equivalents. This strategy element of the Index seeks to identify investment trends utilizing the moving average-based technical analysis. This system tracks the changing prices of securities and identifies their momentum. The relative strength of the market is evaluated to identify whether the market is bullish or bearish. The Index employs its defensive technical trading system to determine when to switch between equity securities and cash equivalents. The Adviser believes this aspect of the Index is a relatively conservative approach to defensive trading to manage risks and back out of the market and into defensive positions when conditions warrant that will reduce the portfolio volatility and therefore reduce risk. The Adviser believes this technical trend strategy, which moves between fully invested and defensive positions, will reduce losses during a downturn and participate in gains during upturns. This technical trend analysis, in general, operates according to the momentum of the markets, and not on subjective judgments.

Power Income VIT Fund

The Fund's investment adviser seeks to achieve the Fund's primary investment objective by investing in income-producing fixed income and alternative strategy exchange-traded funds ("ETFs"). The adviser invests Fund assets in ETFs without restriction as to minimum issuer credit quality, sector, capitalization, country of origin, or security maturity. Fixed income ETFs may invest in non-investment grade fixed income securities, commonly known as "high yield" or "junk" bonds. The Fund defines junk bonds as those rated lower than Baa3 by Moody's Investors Service ("Moody's") or lower than BBB- by Standard and Poor's Rating Group ("S&P"), or if unrated, determined by the Adviser to be of similar credit quality. The Fund considers alternative strategy ETFs to be those that invest in commodities, currencies and other alternative assets. The Fund may also invest in ETFs that primarily invest in dividend-paying equity securities of U.S., foreign and emerging market issuers. In pursuing its investment objectives, the Fund may also invest in other mutual funds that are advised by the Fund's adviser. The Adviser does not select securities but instead, invests the Fund's assets in open end investment companies ("mutual funds") and exchange traded funds ("ETFs").

The adviser's investment process combines a Tactical and Strategic top-down macro approach to asset allocation with a global orientation. The portfolio invests in ETFs that feature high yields across three asset classes - fixed income, equity and alternatives- by taking a long-term secular view with tactical positioning during the shorter-term business and credit cycles. The adviser bases investment decisions on fundamental credit-driven research. The adviser seeks to identify long-term global trends and invest in asset classes the adviser believes will appreciate in value as these trends continue.

The adviser seeks to achieve the Fund's secondary investment objective by reallocating the Fund's investment portfolio to short-term maturity fixed income ETFs when it believes fixed income markets will decline. During such periods, the Fund may invest up to 100% of its assets in such short-term maturity fixed income ETFs. Accordingly, the Fund may not be able to achieve its primary investment objective of total return during these periods.

The Adviser selects mutual funds and ETFs without restriction as to minimum issuer credit quality, sector, country of origin, or security maturity with respect to the fixed income securities held by these funds. The Fund may invest in mutual funds and ETFs that employ derivatives, such as swap contracts, to obtain exposure to junk or U.S. Treasury bond returns. The Fund does not invest in derivatives directly and will limit investment in mutual funds and ETFs that invest primarily in derivatives to 50% of Fund assets.

The adviser may engage in frequent buying and selling of securities to achieve the Fund's investment objectives.

Power Income's Technical Trend Analysis

The Adviser will manage the Fund's investment portfolio, in part, by using its technical trend analysis strategy. This strategy identifies investment trends utilizing the Adviser's proprietary model system. This system tracks the changing prices of securities and identifies their momentum. Once the securities with the greatest positive momentum have been identified, the relative strength of the securities is evaluated (using the technical trend analysis strategy) to further identify those with the greatest potential to continue their positive momentum. The Adviser will also employ its proprietary defensive trading system to help determine when to switch between junk bond funds, U.S. Treasury securities, cash equivalents, inverse mutual funds, or inverse ETF positions. The Adviser believes this is a relatively conservative approach to defensive trading to manage risks and back out of the market and into defensive positions when conditions warrant. The Adviser believes its technical trend strategy, which moves between fully invested and defensive positions, will minimize losses during a downturn and maximize gains during upturns. This collection of models and the Adviser's technical trend analysis, in general, operate according to the momentum of the markets, and not on subjective judgments.

The Adviser buys traditional securities (mutual funds and ETFs) when it believes prices are stable or improving and sells them when it believes prices will fall. The Adviser identifies specific mutual funds and ETFs that its technical models indicate are in an uptrend as potential buy candidates. Conversely, the Adviser's technical models may reclassify a mutual fund or ETF as in a downtrend, thus identifying it as a potential sell candidate. The Adviser buys and sells inverse securities for hedging purposes. The Adviser may engage in frequent buying and selling of securities to achieve the Fund's investment objectives.

PRINCIPAL INVESTMENT RISKS

Power Momentum Index VIT Fund

The following risks apply to the Fund:

- *Equity Risk.* The net asset value of the Fund will fluctuate based on changes in the value of the equity securities in which it invests. Equity prices can fall rapidly in response to developments affecting a specific company or industry, or to changing economic, political or market conditions.
- *Hedging Risk.* The Index's defensive positioning may not effectively hedge the Fund's downside risk. Hedging strategies may not perform as anticipated and the Fund could suffer lower returns if stock prices do not decline when the Fund is in a defensive position.
- *Management Risk.* The net asset value of the Fund changes daily based on the performance of the securities in which it invests. The ability of the Fund to meet its investment objective is directly related to the Adviser's investment strategy of Index replication, which includes equal allocation of the Fund's assets among 50 stocks in the SNSHRPX Index, when the Index is not defensively positioned. The Adviser's objective judgments, based on its investment strategies, about the attractiveness and potential appreciation of particular investments in which the Fund invests may prove to be incorrect and there is no guarantee that the Adviser's investment strategy will produce the desired results.
- *Tracking Risk.* Securities in which the Fund invests will not be able to replicate exactly the performance of the Power Momentum Index because the total return generated by the securities will be reduced by transaction costs incurred in adjusting the actual balance of the securities. In addition, the Fund will incur expenses not incurred by Power Momentum Index.
- *Turnover Risk.* Higher portfolio turnover results in higher transactional and brokerage costs which reduce returns, unless the securities traded can be bought and sold without corresponding commission costs.
- *Underlying Funds Risk.* When money market funds ("Underlying Funds") are utilized as cash equivalents, such Underlying Funds are subject to investment advisory and other expenses, which will be indirectly paid by the Fund. As a result, your cost of investing in the Fund will be higher than the cost of investing directly in Underlying Funds and may be higher than other mutual funds that do not invest in Underlying Funds. The Fund utilizes money market mutual funds when it is in a defensive position.

Power Dividend Index VIT Fund

The following risks apply to the Fund:

- *Equity Risk.* The net asset value of the Fund will fluctuate based on changes in the value of the equity securities in which it invests. Equity prices can fall rapidly in response to developments affecting a specific company or industry, or to changing economic, political or market conditions.
- *Hedging Risk.* The Index's defensive positioning may not effectively hedge the Fund's downside risk. Hedging strategies may not perform as anticipated and the Fund could suffer lower returns if stock prices do not decline when the Fund is in a defensive position.
- *Management Risk.* The net asset value of the Fund changes daily based on the performance of the securities in which it invests. The ability of the Fund to meet its investment objective is directly related to the Adviser's investment strategy of Index replication, which includes equal allocation of the Fund's assets among 50 stocks in the SNDOGX Index, when the Index is not defensively positioned. The Adviser's objective judgments, based on its investment strategies, about the attractiveness and potential appreciation of particular investments in which the Fund invests may prove to be incorrect and there is no guarantee that the Adviser's investment strategy will produce the desired results.
- *Tracking Risk.* Securities in which the Fund invests will not be able to replicate exactly the performance of the Power Dividend Index because the total return generated by the securities will be reduced by transaction costs incurred in adjusting the actual balance of the securities. In addition, the Fund will incur expenses not incurred by Power Dividend Index.
- *Turnover Risk.* Higher portfolio turnover results in higher transactional and brokerage costs which reduce returns, unless the securities traded can be bought and sold without corresponding commission costs.
- *Underlying Funds Risk.* When money market funds ("Underlying Funds") are utilized as cash equivalents, such Underlying Funds are subject to investment advisory and other expenses, which will be indirectly paid by the Fund. As a result, your cost of investing in the Fund will be higher than the cost of investing directly in Underlying Funds and may be higher than other mutual funds that do not invest in Underlying Funds. The Fund utilizes money market mutual funds when it is in a defensive position.

Power Income VIT Fund

The following risks apply to the Fund:

- ***Affiliated Fund Risk.*** The Fund may invest in other mutual funds that are also advised by the Fund's adviser (the "Affiliated Funds"). The Adviser, therefore, is subject to conflicts of interest in allocating the Fund's assets among the Affiliated Funds. The Adviser may receive more revenue to the extent it selects Affiliated Fund rather than an unaffiliated fund for inclusion in the Fund's portfolio. In addition, the Adviser may have an incentive to allocate the Fund's assets to those Affiliated Funds for which the net advisory fees payable to the Adviser are higher than the fees payable by other Affiliated Funds.
- ***Commodities Risk.*** The Fund's exposure to the commodities futures markets may subject the Fund to greater volatility than investments in traditional securities. The value of commodity-linked derivative instruments, commodity-based notes may be affected by changes in overall market movements, commodity index volatility, changes in interest rates, or sectors affecting a particular industry or commodity, such as drought, floods, weather, livestock disease, embargoes, tariffs, and international economic, political and regulatory developments.
- ***Currency Risk.*** Currency trading involves significant risks, including market risk, interest rate risk, country risk, counterparty credit risk and short sale risk. Market risk results from the price movement of foreign currency values in response to shifting market supply and demand. Since exchange rate changes can readily move in one direction, a currency position carried overnight or over a number of days may involve greater risk than one carried a few minutes or hours. Interest rate risk arises whenever a country changes its stated interest rate target associated with its currency. Country risk arises because virtually every country has interfered with international transactions in its currency. Interference has taken the form of regulation of the local exchange market, restrictions on foreign investment by residents or limits on inflows of investment funds from abroad. Restrictions on the exchange market or on international transactions are intended to affect the level or movement of the exchange rate. This risk could include the country issuing a new currency, effectively making the "old" currency worthless.
- ***Duration Risk.*** Longer-term securities may be more sensitive to interest rate changes. Given the recent, historically low interest rates and the potential for increases in those rates, a heightened risk is posed by rising interest rates to a fund whose portfolios include longer-term fixed income securities. Duration is the measure of the sensitivity of a debt security to changes in market interest rates. For example, if interest rates increase by 1%, a fixed income security with a duration of two years will decrease in value by approximately 2%.
- ***Emerging Market Risk.*** The Fund may have investment exposure to countries with newly organized or less developed securities markets. There are typically greater risks involved in investing in emerging markets securities. Generally, economic structures in these countries are less diverse and mature than those in developed countries and their political systems tend to be less stable. Emerging market economies may be based on only a few industries, therefore security issuers, including governments, may be more susceptible to economic weakness and more likely to default. Emerging market countries also may have relatively unstable governments, weaker economies, and less-developed legal systems with fewer security holder rights. Investments in emerging markets countries may be affected by government policies that restrict foreign investment in certain issuers or industries. The potentially smaller size of their securities markets and lower trading volumes can make investments relatively illiquid and potentially more volatile than investments in developed countries, and such securities may be subject to abrupt and severe price declines. Due to this relative lack of liquidity, the Fund may have to accept a lower price or may not be able to sell a portfolio security at all. An inability to sell a portfolio position can adversely affect the Fund's value.
- ***Fixed Income Risk.*** When the Fund invests in fixed income securities, the value of your investment in the Fund will fluctuate with changes in interest rates. Typically, a rise in interest rates causes a decline in the value of the fixed income securities owned by the Fund. Recently, interest rates have been historically low. Current conditions may result in a rise in interest rates, which in turn may result in a decline in the value of the fixed income investments held by the fund. As a result, for the present, interest rate risk may be heightened. In general, the market price of debt securities with longer maturities will increase or decrease more in response to changes in interest rates than shorter-term securities. Other risk factors impacting fixed income securities include credit risk, maturity risk, market risk, extension or prepayment risk, illiquid security risks and high yield securities risk. These risks could affect the value of a particular investment by the Fund possibly causing the Fund's share price and total return to be reduced and fluctuate more than other types of investments.
- ***Foreign Risk.*** To the extent the Fund invest in foreign securities, the Fund could be subject to greater risks because the Fund's performance may depend on issues other than the performance of a particular company or U.S. market sector. Changes in foreign economies and political climates are more likely to affect the Fund than a mutual fund that invests exclusively in U.S. companies. The value of foreign securities is also affected by the value of the local currency relative to the U.S. dollar. There may also be less government supervision of foreign markets, resulting in non-uniform accounting practices and less publicly available information. The values of foreign investments may

be affected by changes in exchange control regulations, application of foreign tax laws (including withholding tax), changes in governmental administration or economic or monetary policy (in this country or abroad) or changed circumstances in dealings between nations. In addition, foreign brokerage commissions, custody fees and other costs of investing in foreign securities are generally higher than in the United States. Investments in foreign issues could be affected by other factors not present in the United States, including expropriation, armed conflict, confiscatory taxation, and potential difficulties in enforcing contractual obligations.

- **Junk Bond Risk.** Lower-quality bonds, known as “high yield” or “junk” bonds, present a significant risk for loss of principal and interest. These bonds offer the potential for higher return, but also involve greater risk than bonds of higher quality, including an increased possibility that the bond’s issuer, obligor or guarantor may not be able to make its payments of interest and principal (credit quality risk). If that happens, the value of the bond may decrease, and the Fund’s share price may decrease and its income distribution may be reduced. An economic downturn or period of rising interest rates (interest rate risk) could adversely affect the market for these bonds and reduce the Fund’s ability to sell its bonds (liquidity risk). Such securities may also include “Rule 144A” securities, which are subject to resale restrictions. The lack of a liquid market for these bonds could decrease the Fund’s share price.
- **Liquidity Risk.** Liquidity risk exists when particular investments are difficult to purchase or sell. This can reduce the fund’s returns because the fund may be unable to transact at advantageous times or prices. Recently, interest rates have been historically low. Current conditions may result in a rise in interest rates, and a potential rise in interest rates may result in periods of volatility and increased redemptions. As a result of increased redemptions, the fund may have to liquidate portfolio securities at disadvantageous prices and times, which could reduce the returns of the fund. The reduction in dealer market-making capacity in the fixed income markets that has occurred in recent years also has the potential to decrease liquidity.
- **Management Risk.** The net asset value of the Fund changes daily based on the performance of the securities in which it invests. The ability of the Fund to meet its investment objectives is directly related to the Adviser’s allocation of the Fund’s assets between hedged and unhedged positions using its investment strategy. The Adviser’s objective judgments, based its investment strategies, about the attractiveness and potential appreciation of particular investments in which the Fund invests may prove to be incorrect and there is no guarantee that the Adviser’s investment strategy will produce the desired results.
- **Master-Limited Partnership Risk (“MLPs”).** Investments in MLPs and MLP-related securities involve risks different from those of investing in common stock including risks related to limited control and limited rights to vote on matters affecting the MLP or MLP-related security, risks related to potential conflicts of interest between an MLP and the MLP’s general partner, cash flow risks, dilution risks (which could occur if the MLP raises capital and then invests it in projects whose return fails to exceed the cost of capital raised) and risks related to the general partner’s limited call right. MLPs and MLP-related securities are generally considered interest-rate sensitive investments. During periods of interest rate volatility, these investments may not provide attractive returns. Depending on the state of interest rates in general, the use of MLPs or MLP-related securities could enhance or harm the overall performance of the Fund.
 - **MLP Tax Risk.** MLPs, typically, do not pay U.S. federal income tax at the partnership level. Instead, each partner is allocated a share of the partnership’s income, gains, losses, deductions and expenses. A change in current tax law or in the underlying business mix of a given MLP could result in an MLP being treated as a corporation for U.S. federal income tax purposes, which would result in such MLP being required to pay U.S. federal income tax on its taxable income. The classification of an MLP as a corporation for U.S. federal income tax purposes would have the effect of reducing the amount of cash available for distribution by the MLP. Thus, if any of the MLPs owned by the Fund were treated as corporations for U.S. federal income tax purposes, it could result in a reduction of the value of your investment in the Fund and lower income, as compared to an MLP that is not taxed as a corporation.
- **Mutual Fund and ETF Risk.** Mutual funds and ETFs are subject to investment advisory fees and other expenses, which will be indirectly paid by the Fund. As a result, your cost of investing in the Fund will be higher than the cost of investing directly in other mutual funds and ETFs and may be higher than other mutual funds that invest directly in fixed income securities. ETFs are listed on national stock exchanges and are traded like stocks listed on an exchange. ETF shares may trade at a discount or a premium in market price if there is a limited market in such shares. ETFs are also subject to brokerage and other trading costs, which could result in greater expenses to the Fund. Mutual funds and ETFs may employ leverage. Because the value of ETF shares depends on the demand in the market, the Adviser may not be able to liquidate the Fund’s holdings at the most optimal time, adversely affecting performance. ETFs and index-tracking mutual funds in which the Fund invests will not be able to replicate exactly the performance of the indices they track.
 - **Strategy Risk.** Each ETF and mutual fund is subject to specific risks, depending on the nature of the fund. These risks could include liquidity risk, sector risk, foreign and emerging market risk.

- **Tracking Risk.** ETFs and index-tracking mutual funds in which the Fund invests will not be able to replicate exactly the performance of the indices they track because the total return generated by the securities will be reduced by transaction costs incurred in adjusting the actual balance of the securities or index. In addition, the funds will incur expenses not incurred by their applicable indices. Certain securities comprising the indices tracked by the funds may, from time to time, temporarily be unavailable, which may further impede the ETFs' and mutual funds' ability to track their applicable indices.
- **REIT Risk.** The Fund's investment exposure to REITs may subject the fund to the following additional risks: declines in the value of real estate, changes in interest rates, lack of available mortgage Fund or other limits on obtaining capital, overbuilding, extended vacancies of properties, increases in property taxes and operating expenses, changes in zoning laws and regulations, casualty or condemnation losses and tax consequences of the failure of a REIT to comply with tax law requirements. The Fund will bear a proportionate share of the REIT's ongoing operating fees and expenses, which may include management, operating and administrative expenses in addition to the expenses of the Fund.
- **Turnover Risk.** A higher Fund turnover may result in higher transactional and brokerage costs associated with the turnover which may reduce the Fund's return, unless the securities traded can be bought and sold without corresponding commission costs. Active trading of securities may also increase the Fund's realized capital gains or losses, which may affect the taxes you pay as a Fund shareholder.

Temporary Investments: To respond to adverse market, economic, political or other conditions, the Power Momentum Index VIT Fund, Power Dividend Index VIT Fund and the Power Income VIT Fund (collectively, the "Funds") may each invest 100% of its total assets, without limitation, in short-term debt securities and money market instruments. Each Fund may be invested in these instruments for extended periods, depending on the Adviser's assessment of market conditions. These short-term debt securities and money market instruments may include shares of other mutual funds, commercial paper, certificates of deposit, bankers' acceptances, U.S. Government securities and repurchase agreements. While a Fund is in a defensive position, the opportunity to achieve its investment objective will be limited. Furthermore, to the extent that a Fund invests in money market mutual funds for its cash position, there will be some duplication of expenses because the Fund would bear its pro-rata portion of such money market funds' advisory and operational fees. Each Fund may also invest a substantial portion of its assets in such instruments at any time to maintain liquidity or pending selection of investments in accordance with its policies.

Portfolio Holdings Disclosure: A description of the Funds' policies regarding the release of portfolio holdings information is available in the Funds' Statement of Additional Information. Shareholders may request Fund holdings schedules at no charge by calling 1-877-7-PWRINC.

Cybersecurity: The computer systems, networks and devices used by each Fund and its service providers to carry out routine business operations employ a variety of protections designed to prevent damage or interruption from computer viruses, network failures, computer and telecommunication failures, infiltration by unauthorized persons and security breaches. Despite the various protections utilized by each Fund and its service providers, systems, networks, or devices potentially can be breached. Each Fund and its shareholders could be negatively impacted as a result of a cybersecurity breach.

Cybersecurity breaches can include unauthorized access to systems, networks, or devices; infection from computer viruses or other malicious software code; and attacks that shut down, disable, slow, or otherwise disrupt operations, business processes, or website access or functionality. Cybersecurity breaches may cause disruptions and impact each Fund's business operations, potentially resulting in financial losses; interference with each Fund's ability to calculate its NAV; impediments to trading; the inability of each Fund, the Adviser, and other service providers to transact business; violations of applicable privacy and other laws; regulatory fines, penalties, reputational damage, reimbursement or other compensation costs, or additional compliance costs; as well as the inadvertent release of confidential information.

Similar adverse consequences could result from cybersecurity breaches affecting issuers of securities in which each Fund invests; counterparties with which each Fund engages in transactions; governmental and other regulatory authorities; exchange and other financial market operators, banks, brokers, dealers, insurance companies, and other financial institutions (including financial intermediaries and service providers for each Fund's shareholders); and other parties. In addition, substantial costs may be incurred by these entities in order to prevent any cybersecurity breaches in the future.

MANAGEMENT

Investment Adviser: W.E. Donoghue & Co., LLC, located at One International Place, Boston, MA 02110, serves as investment Adviser to the Funds. Subject to the authority of the Board of Trustees, the Adviser is responsible for the overall management of the Funds' business affairs. The Adviser is responsible for selecting the Funds' investments according to its investment objective, policies, and restrictions. The Adviser was established in 1986 for the purpose of advising individuals and institutions. As of December 31, 2018, the Adviser had over \$2.63 billion in assets under management or under advisement.

The Adviser receives an annual advisory fee equal to 1.00% of the Power Momentum Index VIT Fund's average daily net assets; and an annual advisory fee equal to 1.00% of the Power Dividend Index VIT Fund's average daily net assets and an annual advisory fee equal to 1.00% of the Power Income VIT Fund's average daily net assets. However, the Adviser has contractually agreed to reduce the management fees to 0.65% for the Power Momentum Index VIT Fund and the Power Dividend Index VIT Fund until at least until April 30, 2020. These waived fees are not subject to reimbursement by the Fund to the Adviser.

For the fiscal year ended December 31, 2018, the Adviser received an annual advisory fee of 0.65% of the Power Momentum Index VIT Fund's average daily net assets. The Fund's Adviser has contractually agreed to reduce its fees and/or absorb expenses of the Fund, until at least April 30, 2020, to ensure that Total Annual Fund Operating Expenses After Fee Waiver and/or Reimbursement (exclusive of any front-end or contingent deferred loads, brokerage fees and commissions, acquired fund fees and expenses, fees and expenses associated with investments in other collective investment vehicles or derivative instruments (including for example option and swap fees and expenses), borrowing costs (such as interest and dividend expense on securities sold short), taxes and extraordinary expenses, such as litigation expenses (which may include indemnification of Fund officers and Trustees, contractual indemnification of Fund service providers (other than the Adviser)) will not exceed 1.25% and 1.50% of the Power Momentum Index VIT Fund's average daily net assets for Class 1 and Class 2 shares, respectively; subject to possible recoupment from the Fund in future years on a rolling three year basis (within the three years of the fiscal year end during which the fees were been waived or reimbursed) if such recoupment can be achieved within the foregoing expense limits. Fee waiver and reimbursement arrangements can decrease the Fund's expenses and boost its performance. A discussion regarding the basis for the Board of Trustees' approval of the advisory agreement is available in the Funds' most recent annual shareholder report dated December 31, 2018.

For the fiscal year ended December 31, 2018, the Adviser received an annual advisory fee net of fees waived equal to 0.45% of the Power Dividend Index VIT Fund's average daily net assets. The Fund's Adviser has contractually agreed to reduce its fees and/or absorb expenses of the Fund, until at least April 30, 2020, to ensure that Total Annual Fund Operating Expenses After Fee Waiver and/or Reimbursement (exclusive of any front-end or contingent deferred loads, brokerage fees and commissions, acquired fund fees and expenses, fees and expenses associated with investments in other collective investment vehicles or derivative instruments (including for example option and swap fees and expenses), borrowing costs (such as interest and dividend expense on securities sold short), taxes and extraordinary expenses, such as litigation expenses (which may include indemnification of Fund officers and Trustees, contractual indemnification of Fund service providers (other than the Adviser)) will not exceed 1.25% and 1.50% of the Power Dividend Index VIT Fund's average daily net assets for Class 1 and Class 2 shares, respectively; subject to possible recoupment from the Fund in future years on a rolling three year basis (within the three years of the fiscal year end during which the fees were been waived or reimbursed) if such recoupment can be achieved within the foregoing expense limits. Fee waiver and reimbursement arrangements can decrease the Fund's expenses and boost its performance. A discussion regarding the basis for the Board of Trustees' approval of the advisory agreement will be available in the Funds' semi-annual shareholder report dated June 30, 2019.

For the fiscal year ended December 31, 2018, the Adviser received an annual advisory fee equal to 0.66% of the Power Income VIT Fund's average daily net assets. The Fund's Adviser has contractually agreed to reduce its fees and/or absorb expenses of the Fund, until at least April 30, 2020, to ensure that Total Annual Fund Operating Expenses After Fee Waiver and Reimbursement (exclusive of any front-end or contingent deferred loads, brokerage fees and commissions, acquired fund fees and expenses, fees and expenses associated with investments in other collective investment vehicles or derivative instruments (including for example options and swap fees and expenses), borrowing costs (such as interest and dividend expense on securities sold short), taxes, and extraordinary expenses, such as litigation expenses (which may include indemnification of Fund officers and Trustees, contractual indemnification of Fund service providers (other than the Adviser)) will not exceed 2.00% and 2.50% for Class 1 and Class 2 shares, respectively; subject to possible recoupment from the Fund in future years on a rolling three year basis (within the three fiscal years after the fees have been waived or reimbursed) if such recoupment can be achieved within the foregoing expense limits. Fee waiver and reimbursement arrangements can decrease the Fund's expenses and boost its performance. A discussion regarding the basis for the Board of Trustees' approval of the advisory agreement is available in the Fund's most recent annual shareholder report dated December 31, 2018.

Portfolio Managers:

Richard E. Molari – *Chief Operating Officer*

Mr. Molari is an accomplished investment management operations and global trading specialist with over fifteen years of industry experience. He has extensive knowledge of international equity, fixed income and currency markets as well as back and middle office operations, portfolio accounting and compliance regulations. Rick joined W.E. Donoghue & Co., LLC in 2014 to manage the trading and operations team.

Prior to his current role, Rick spent nine years at a multi-billion dollar Boston based global hedge fund, trading international equities and managing trade operations. He started his professional career in fund accounting and back office administration with BISYS Hedge Fund Services Inc. Rick holds a dual Bachelor's of Science degree from Northeastern University in Finance and Entrepreneurship. He is currently an active member of the Boston Securities Traders Association and the Boston Security Analysts Society.

Jeffrey R. Thompson – *Chief Executive Officer*

Mr. Thompson has served as the adviser's Principal and previously Senior Vice President since 1999. He currently holds a Series 65. In addition, Mr. Thompson is a corporate officer as well as a member of the adviser's Investment Policy Committee. Previously, Mr. Thompson worked as an Account Executive for national and super regional firms Lehman Brothers, Gruntal & Co., and Cowen & Co. from 1992-1996. There he worked with individual investors as well as institutional investors recommending and trading individual securities. Additionally, BTS Asset Management employed Mr. Thompson from 1996-1998 as a Regional Vice President providing investment advisory services to institutional clients. Mr. Thompson has more than 22 years' experience in the financial services industry.

William B. Dowler – *Treasurer and Chief Compliance Officer*

Mr. Dowler has served as the adviser's Principal and Vice President and Chief Compliance Officer since 2002. Mr. Dowler has had two separate occasions to work for W.E. Donoghue & Co., LLC (1994-1999 and 2002 to present). Mr. Dowler is a corporate officer as well as a member of the adviser's Investment Policy Committee. Mr. Dowler holds a Series 65, as well as Life, Accident and Health Insurance Brokerage Licenses. Previously, Mr. Dowler worked as an investment professional with independent and national firms, such as Advisory Group Equity Services, Jefferson Pilot Securities and Franklin Securities. Prior to working as being an investment professional, Mr. Dowler was an assistant manager of mutual fund operations with State Street Bank and Trust, Co. Mr. Dowler has more than 26 years' experience in the financial services industry.

John A. Forlines – *Chief Investment Officer*

Mr. Forlines has served as Co-CIO of W.E. Donoghue & Co., LLC since joining the firm in 2018. Prior to joining the adviser, Mr. Forlines was Chairman and CIO of JAFforlines Global, an independent investment adviser, since its inception in 2000. Mr. Forlines is an Executive in Residence in the Department of Economics at Duke where he teaches classes in behavioral finance and decision making. In addition to his work at W.E. Donoghue and Duke University, Mr. Forlines is the Managing Partner of the Forlines Family Office, which is active primarily in charitable support for education in the United States. Mr. Forlines enjoyed a long career with J.P. Morgan from 1985-2000, serving various roles within the firm, including Vice President of Structured Products, Co-Head of the U.S. Private Equity Group, Managing Director in the Securities Business Development Group and Managing Director and Co-Head of U.S. Tech, Media & Telecom Investment Banking.

Robert Shea – *President and Co-CIO*

Mr. Shea is the President and Co-CIO of W.E. Donoghue & Co., LLC. Prior to joining the adviser in January 2018, he served as CEO and Co-Chair of the Investment Committee at JAFforlines Global since 2014. Mr. Shea also served as the Portfolio Manager at American Independence Fund Services from 2013 to 2014. Mr. Shea is a former partner at Goldman Sachs and was a founder and CIO of AsiaSource Capital, a partnership based in the U.S. and Singapore. Spending 14 years at Goldman Sachs, Mr. Shea was partner in charge of cash equity and sector based proprietary trading and also served as a member of Goldman's Equity Division Risk and Global Trading Committees.

The Funds' Statement of Additional Information provides additional information about the Portfolio Managers' compensation structure, other accounts managed by the Portfolio Managers, and the Portfolio Managers' ownership of shares of the Funds.

HOW SHARES ARE PRICED

The public offering price and net asset value (“NAV”) of each Fund’s shares are determined at 4:00 p.m. (Eastern Time) on each day the New York Stock Exchange (“NYSE”) is open for business. NAV is computed by determining the aggregate market value of all assets of each Fund less its liabilities divided by the total number of the Fund’s shares outstanding ((assets-liabilities)/number of shares = NAV). The NYSE is closed on weekends and New Year’s Day, Martin Luther King, Jr. Day, Presidents’ Day, Good Friday, Memorial Day, Independence Day, Labor Day, Thanksgiving Day and Christmas Day. The NAV takes into account the expenses and fees of each Fund, including investment advisory, administration, and distribution fees, which are accrued daily. The determination of the NAV of each Fund for a particular day is applicable to all applications for the purchase of shares, as well as all requests for the redemption of shares, received by the Fund (or an authorized broker or agent, or its authorized designee) before the close of trading on the NYSE on that day.

Generally, securities are valued each day at the last quoted sales price on each security’s principal exchange. Securities traded or dealt in on one or more securities exchanges (whether domestic or foreign) for which market quotations are readily available and not subject to restrictions against resale shall be valued at the last quoted sales price on the primary exchange or, in the absence of a sale on the primary exchange, at the mean between the current bid and ask prices on such exchange. Securities primarily traded in the National Association of Securities Dealers’ Automated Quotation System (“NASDAQ”) National Market System for which market quotations are readily available shall be valued using the NASDAQ Official Closing Price. If market quotations are not readily available, securities will be valued at their fair market value as determined using the “fair value” procedures approved by the Board. Fair value pricing involves subjective judgments and it is possible that the fair value determined for a security may be materially different than the value that could be realized upon the sale of that security. The fair value prices can differ from market prices when they become available or when a price becomes available. The Board has delegated execution of these procedures to a fair value team composed of one or more representatives from each of the (i) Trust, (ii) administrator, and (iii) Adviser. The team may also enlist third party consultants such as an audit firm or financial officer of a security issuer on an as-needed basis to assist in determining a security-specific fair value. The Board reviews and ratifies the execution of this process and the resultant fair value prices at least quarterly to assure the process produces reliable results. Securities that are not traded or dealt in any securities exchange (whether domestic or foreign) and for which over-the-counter market quotations are readily available generally shall be valued at the last sale price or, in the absence of a sale, at the mean between the current bid and ask price on such over-the- counter market. Debt securities not traded on an exchange may be valued at prices supplied by a pricing agent(s) based on broker or dealer supplied valuations or matrix pricing, a method of valuing securities by reference to the value of other securities with similar characteristics, such as rating, interest rate and maturity.

Each Fund may use independent pricing services to assist in calculating the value of the Fund’s securities. Although not part of the Adviser’s principal investment strategy, since each Fund may invest in foreign securities that are primarily listed on foreign exchanges that may trade on weekends or other days when each Fund does not price its shares, the value of each Fund’s portfolio may change on days when you may not be able to buy or sell Fund shares. In computing the NAV of each Fund, the Adviser values foreign securities held by each Fund at the latest closing price on the exchange in which they are traded immediately prior to closing of the NYSE. Prices of foreign securities quoted in foreign currencies are translated into U.S. dollars at current rates. If events materially affecting the value of a security in each Fund’s portfolio occur before each Fund prices its shares, the security will be valued at fair value. For example, if trading in a portfolio security is halted and does not resume before each Fund calculates its NAV, the Adviser may need to price the security using each Fund’s fair value pricing guidelines. Without a fair value price, short-term traders could take advantage of the arbitrage opportunity and dilute the NAV of long-term investors. Fair valuation of the Funds’ portfolio securities can serve to reduce arbitrage opportunities available to short-term traders, but there is no assurance that fair value pricing policies will prevent dilution of the Funds’ NAV by short-term traders.

With respect to any portion of the Funds’ assets that are invested in one or more open-end management investment companies that are registered under the 1940 Act, the Funds’ NAV is calculated based upon the net asset values of the registered open-end management investment companies in which the Fund invests, and the prospectuses for these companies explain the circumstances under which those companies will use fair value pricing and the effects of using fair value pricing.

HOW TO PURCHASE AND REDEEM SHARES

This Prospectus describes two classes of shares offered by the Funds: Class 1 and Class 2. Each Fund offers these classes of shares so that you can choose the class that best suits your investment needs. Power Momentum Index VIT Fund, Power Dividend Index VIT Fund Class 1 and Class 2 shares pay an annual fee of up to 0.25% and 0.50%, respectively, for distribution expenses pursuant to a plan under Rule 12b-1. Power Income VIT Fund Class 2 shares pay an annual fee of up to 0.50% for distribution expenses pursuant to a plan under Rule 12b-1. The main difference between each class is the ongoing fees. For information on ongoing distribution fees, see **Distribution Fees** on page 24 of this Prospectus. Each class of shares in a Fund represents interest in the same portfolio of investments within the Fund. All share classes may not be available for purchase in all states.

Each Fund, however, reserves the right, in its sole discretion, to reject any application to purchase shares. Applications will not be accepted unless they are accompanied by a check drawn on a U.S. bank, savings and loan, or credit union in U.S. funds for the full amount of the shares to be purchased. After you open an account, you may purchase additional shares by sending a check together with written instructions stating the name(s) on the account and the account number, to the above address. Make all checks payable to the applicable Fund. The Fund will not accept payment in cash, including cashier's checks or money orders. Also, to prevent check fraud, the Fund will not accept third party checks, U.S. Treasury checks, credit card checks or starter checks for the purchase of shares.

As described earlier in this prospectus, shares of each Fund are sold to certain separate accounts of the participating life insurance companies, as well as qualified pension and retirement plans and certain unregistered separate accounts. You and other purchasers of variable annuity contracts will not own shares of the Funds directly. Rather, all shares will be held by the separate accounts for your benefit and the benefit of other purchasers of variable annuity contracts. All investments in the Funds are credited to the shareholder's account in the form of full or fractional shares of the Fund. The Funds do not issue share certificates. Separate accounts may redeem shares to make benefit or surrender payments to you and other purchasers of variable annuity contracts or for other reasons described in the separate account prospectus that you received when you purchased your variable annuity contract. Redemptions are processed on any day on which the Funds are open for business.

The Portfolio typically expects that it will take no longer than 7 days following the receipt of your redemption request to pay out redemption proceeds by check or electronic transfer. The Portfolio typically expects to pay redemptions from cash, cash equivalents, proceeds from the sale of Portfolio shares, any lines of credit, and then from the sale of Portfolio securities. These redemption payment methods will be used in regular and stressed market conditions.

When Order is Processed

Shares of the Funds are sold and redeemed at their current NAV per share without the imposition of any sales commission or redemption charge, although certain sales and other charges may apply to the life insurance policies or annuity contracts. These charges are described in the applicable product prospectus. Requests to purchase and sell shares are processed at the NAV next calculated after the request is received by the participating life insurance company, or qualified pension or retirement plan, in proper form. All requests received in good order by the participating life insurance company, or qualified pension or retirement plan before the close of regular trading on the NYSE (normally 4:00 p.m. Eastern Time) on each day the NYSE is open will be executed on that same day. Requests received after the close of regular trading on the NYSE, or on any day the NYSE is closed, will be processed on the next business day. The insurance company or qualified pension or retirement plan is responsible for properly transmitting purchase orders and federal funds to the Funds.

The USA PATRIOT Act requires financial institutions, including the Funds, to adopt certain policies and programs to prevent money-laundering activities, including procedures to verify the identity of customers opening new accounts. You will be required by your insurance company, or pension or retirement plan, to supply certain information, such as your full name, date of birth, social security number and permanent street address. This information will assist them in verifying your identity. As required by law, your insurance company, or pension or retirement plan may employ various procedures, such as comparing the information to fraud databases or requesting additional information or documentation from you, to ensure that the information supplied by you is correct.

TAX CONSEQUENCES

Each Fund has qualified as a regulated investment company under Subchapter M of the Internal Revenue Code of 1986, as amended ("Code"). As qualified, each Fund is not subject to federal income tax on that part of its taxable income that it distributes to the separate accounts. Taxable income consists generally of net investment income, and any capital gains. It is the Fund's intention to distribute all such income and gains.

Generally, owners of variable insurance contracts are not taxed currently on income or gains realized with respect to such contracts. However, some distributions from such contracts may be taxable at ordinary income tax rates. In addition, distributions made to an owner who is younger than 59 1/2 may be subject to a 10% penalty tax. Investors should ask their own tax advisors for more information on their own tax situation, including possible state or local taxes.

Shares of each Fund are offered only to the separate accounts of the participating life insurance company and its affiliates. Separate accounts are insurance company separate accounts that fund the annuity contracts. Under the Code, the insurance company pays no tax with respect to income of a qualifying separate account when the income is properly allocable to the value of eligible variable annuity contracts. In order for shareholders to receive the favorable tax treatment available to holders of variable insurance contracts, the separate accounts, as well as the Funds, must meet certain diversification requirements. If the Funds do not meet such requirements, income allocable to the contracts would be taxable currently to the holders of such contracts. The diversification requirements are discussed below.

Section 817(h) of the Code and the regulations thereunder impose "diversification" requirements on the Funds. The Funds intend to comply with the diversification requirements. These requirements are in addition to the diversification requirements imposed on the Funds by Subchapter M and the Investment Company Act of 1940. The 817(h) requirements place certain limitations on the assets of each separate account that may be invested in securities of a single issuer. Specifically, the regulations provide that, except as permitted by "safe harbor" rules described below, as of the end of each calendar quarter or within 30 days thereafter, no more than 55% of a portfolio's total assets may be represented by any one investment, no more than 70% by any two investments, no more than 80% by any three investments, and no more than 90% by any four investments.

Section 817(h) also provides, as a safe harbor, that a separate account will be treated as being adequately diversified if the diversification requirements under Subchapter M are satisfied and no more than 55% of the value of the account's total assets is cash and cash items, government securities, and securities of other regulated investment companies. For purposes of section 817(h), all securities of the same issuer, all interests in the same real property, and all interests in the same commodity are treated as a single investment. In addition, each U.S. government agency or instrumentality is treated as a separate issuer, while the securities of a particular foreign government and its agencies, instrumentalities, and political subdivisions all will be considered securities issued by the same issuer. If a Fund does not satisfy the section 817(h) requirements, the separate accounts, the insurance company, the policies and the annuity contracts may be taxable. See the prospectuses for the policies and annuity contracts.

For a more complete discussion of the taxation of the life insurance company and the separate accounts, as well as the tax treatment of the variable insurance contracts and the holders thereof, see the prospectus for the applicable annuity contract.

The foregoing is only a summary of some of the important federal income tax considerations generally affecting each Fund and you; see the Statement of Additional Information for a more detailed discussion. You are urged to consult your tax advisers.

DIVIDENDS AND DISTRIBUTIONS

All dividends are distributed to the separate accounts or other shareholders on an annual basis or more frequently and will be automatically reinvested in Fund shares unless an election is made on behalf of a separate account to receive some or all of the dividends in cash. Dividends are not taxable as current income to you or other purchasers of variable insurance contracts.

FREQUENT PURCHASES AND REDEMPTION OF FUND SHARES

The Power Momentum Index VIT Fund, Power Dividend Index VIT Fund, and Power Income VIT Fund discourage and do not accommodate market timing. Frequent trading into and out of the Fund can harm the Funds' shareholders by disrupting the Funds' investment strategies, increasing Fund expenses, decreasing tax efficiency and diluting the value of shares held by long-term shareholders. The Funds are designed for long-term investors and are not intended for market timing or other disruptive trading activities. Accordingly, the Funds' Board has approved policies that seek to curb these disruptive activities while recognizing that shareholders may have a legitimate need to adjust their Fund investments as their financial needs or circumstances change.

The Funds reserve the right to reject or restrict purchase or exchange requests for any reason, particularly when a shareholder's trading activity suggests that the shareholder may be engaged in market timing or other disruptive trading activities. Neither the Funds nor the Adviser will be liable for any losses resulting from rejected purchase or exchange orders. The Adviser may also bar an investor who has violated these policies (and the investor's financial adviser) from opening new accounts with the Funds.

Because purchase and sale transactions are submitted to a Fund on an aggregated basis by the insurance company issuing the variable insurance contract or variable life contract, the Funds are not able to identify market timing transactions by individual variable insurance contract holders. Short of rejecting all transactions made by a separate account, the Funds lack the ability to reject individual short-term trading transactions. The Funds, therefore, have to rely upon the insurance company to police restrictions in the variable insurance contracts or according to the insurance company's administrative policies. The Funds have entered into an information sharing agreement with the insurance company that uses the Funds as an underlying investment vehicle for its separate accounts. Under this agreement, the insurance company is obligated to (i) adopt and enforce during the term of the agreement a market timing policy, the terms of which are acceptable to the Funds; (ii) furnish the Funds, upon its request, with information regarding contract or policy holder trading activities in shares of the Funds, and (iii) enforce its market timing policy with respect to contract or policy holders identified by the Funds as having engaged in market timing.

The Funds will seek to monitor for market timing activities, such as unusual cash flows, and work with the applicable insurance company to determine whether or not short-term trading is involved. When information regarding transactions in a Fund's shares is requested by the Fund and such information is in the possession of a person that is itself a financial intermediary to the insurance company (an "indirect intermediary"), the insurance company is obligated to obtain transaction information from the indirect intermediary or, if directed by the Fund, to restrict or prohibit the indirect intermediary from purchasing shares of the Funds on behalf of the contract or policy owner or any other persons. The Funds will seek to apply these policies as uniformly as practicable. It is, however, more difficult to locate and eliminate individual market timers in the separate accounts because information about trading is received on a delayed basis and there can be no assurances that the Funds will be able to do so. In addition, the right of an owner of a variable insurance product to transfer among sub-accounts is governed by a contract between the insurance company and the owner. Many of these contracts do not limit the number of transfers that a contract owner may make among the available investment options. The terms of these contracts, the presence of financial intermediaries (including the insurance company) between the Funds and the contract and policy holders and other factors such as state insurance laws may limit the Fund's ability to deter market timing. Multiple tiers of such financial intermediaries may further compound the Funds' difficulty in deterring such market timing activities. Variable insurance contract holders should consult the prospectus for their variable insurance contract for additional information on contract level restrictions relating to market timing.

DISTRIBUTION OF SHARES

Distribution Fees: The Trust, with respect to the Funds, has adopted the Trust's Master Distribution and Shareholder Servicing Plan (the "Plan") pursuant to Rule 12b-1 of the 1940 Act which allows the Fund to pay the Fund's distributor with respect to the sale and distribution of Class 1 and Class 2 shares of the Fund. Shareholders of Power Momentum Index VIT Fund and Power Dividend Index VIT Fund Class 1 and Class 2 shares pay annual 12b-1 expenses of up to 0.25% and 0.50%, respectively. Shareholders of Power Income VIT Fund Class 2 shares pay annual 12b-1 expenses up to 0.50%. A portion of the fee payable pursuant to the Plan, equal to up to 0.25% of the average daily net assets, may be characterized as a service fee as such term is defined under Rule 2341 of the FINRA Conduct Rules. A service fee is a payment made for personal service and/or the maintenance of shareholder accounts.

The Funds' distributor and other entities are paid under the Plan for services provided and the expenses borne by the distributor and others in the distribution of Fund shares, including the payment of commissions for sales of the shares and incentive compensation to and expenses of dealers and others who engage in or support distribution of shares or who service shareholder accounts, including overhead and telephone expenses; printing and distribution of prospectuses and reports used in connection with the offering of the Funds' shares to other than current shareholders; and preparation, printing and distribution of sales literature and advertising materials. In addition, the distributor or other entities may utilize fees paid pursuant to the Plan to compensate dealers or other entities for their opportunity costs in advancing such amounts, which compensation would be in the form of a carrying charge on any un-reimbursed expenses.

You should be aware that if you hold your Class 1 or Class 2 shares for a substantial period of time, you may indirectly pay more than the economic equivalent of the maximum front-end sales charge allowed by FINRA due to the recurring nature of distribution (12b-1) fees.

Additional Compensation to Financial Intermediaries: The Funds' distributor, its affiliates, and the Funds' Adviser may, at its own expense and out of its own legitimate profits, provide additional cash payments to financial intermediaries who sell shares of the Funds. Financial intermediaries include brokers, financial planners, banks, insurance companies, retirement or 401(k) plan administrators and others. These payments may be in addition to the Rule 12b-1 fees that are disclosed elsewhere in this Prospectus. These payments are generally made to financial intermediaries that provide shareholder or administrative services, or marketing support. Marketing support may include access to sales meetings, sales representatives and financial intermediary management representatives, inclusion of a Fund on a sales list, including a preferred or select sales list, or other sales programs. These payments also may be made as an expense reimbursement in cases where the financial intermediary provides shareholder services to Fund shareholders. The distributor may, from time to time, provide promotional incentives to certain investment firms. Such incentives may, at the distributor's discretion, be limited to investment firms who allow their individual selling representatives to participate in such additional commissions.

Householding: To reduce expenses, we may mail only one copy of the prospectus and each annual and semi-annual report to those addresses shared by two or more accounts. If you wish to receive individual copies of these documents, please call the Funds at 1-877-7-PWRINC on days the Fund is open for business or contact your financial institution. We will begin sending you individual copies thirty days after receiving your request.

VOTING AND MEETINGS

The participating insurance company that issued your variable contract will solicit voting instructions from you and other purchasers of variable annuity contracts with respect to any matters that are presented to a vote of shareholders. The insurance company may be required to vote on a proportional basis, which means that for shares outstanding for which it receives no instructions, the insurance company will vote those shares in the same proportion as the shares for which it did receive instructions (either for or against a proposal). To the extent the insurance company is required to vote the total Fund shares held in its separate accounts on a proportional basis, it is possible that a small number of variable insurance contract owners would be able to determine the outcome of a matter. The Trust may consist of more than one fund or portfolio. Each will vote separately on matters relating solely to that fund or portfolio or which affects that fund or portfolio differently. However, all shareholders will have equal voting rights on matters that affect the Funds equally. Shareholders shall be entitled to one vote for each share held.

The Trust does not hold annual meetings of shareholders but may hold special meetings. Special meetings are held, for example, to elect or remove Trustees, change a Fund's fundamental investment policies, or approve an investment advisory contract. Unless required otherwise by applicable laws, one third of the outstanding shares of the Trust constitute a quorum (or one third of a Fund or class if the matter relates only to the Fund or class).

FINANCIAL HIGHLIGHTS

The financial highlights table is intended to help you understand the Portfolios' financial performance for the period of the Portfolios' operations. Certain information reflects financial results for a single Portfolio share. The total returns in the table represent the rate that an investor would have earned (or lost) on an investment in a Portfolio (assuming reinvestment if all dividends and distributions). This information for each Portfolio for the year ended December 31, 2018 has been derived from the financial statements audited by Deloitte & Touche LLP, whose report, along with each Portfolio's financial statements, are included in the Portfolios' December 31, 2018 annual report, which is available upon request. The information for each of the other periods shown were audited by Cohen & Company LTD.

Power Dividend Index VIT Fund

Per Share Data and Ratios for a Share of Beneficial Interest Outstanding Throughout Each Year

	Class 1				
	For the	For the	For the	For the	For the
	Year Ended	Year Ended	Year Ended	Year Ended	Year Ended
	December 31, 2018	December 31, 2017	December 31, 2016	December 31, 2015	December 31, 2014
Net asset value, beginning of year	\$ 17.29	\$ 15.82	\$ 15.86	\$ 20.52	\$ 20.75
Activity from investment operations:					
Net investment income ⁽¹⁾	0.41	0.36	0.29	0.28	0.29
Net realized and unrealized gain (loss) on investments	(1.78)	1.35	(0.18)	(1.16)	1.14
Total from investment operations	(1.37)	1.71	0.11	(0.88)	1.43
Less distributions from:					
Net investment income	(0.30)	(0.24)	(0.15)	(0.39)	(0.37)
Net realized gains	(0.06)	—	—	(3.39)	(1.29)
Total distributions	(0.36)	(0.24)	(0.15)	(3.78)	(1.66)
Net asset value, end of year	\$ 15.56	\$ 17.29	\$ 15.82	\$ 15.86	\$ 20.52
Total return ⁽²⁾	(8.02)%	10.89%	0.67%	(3.94)%	6.94%
Net assets, at end of year (000s)	\$ 31,865	\$ 23,252	\$ 15,043	\$ 17,072	\$ 20,075
Ratio of gross expenses to average net assets before waiver ⁽³⁾	1.80%	1.95%	1.41%	1.64%	1.33%
Ratio of net expenses to average net assets after waiver ⁽³⁾	1.25%	1.25%	1.25%	1.25%	1.25%
Ratio of net investment income to average net assets before waivers ^(3,4)	1.96%	1.50%	1.71%	1.05%	1.26%
Ratio of net investment income to average net assets after waivers ^(3,4)	2.51%	2.20%	1.87%	1.44%	1.35%
Portfolio Turnover Rate	322%	197%	166%	106%	186%

⁽¹⁾ Per share amounts calculated using the average shares method, which appropriately presents the per share data for the year.

⁽²⁾ Total returns are historical in nature and exclude the effect of applicable sales charges and assumes reinvestment of dividends and capital gain distributions. Had the Advisor not absorbed a portion of the expenses, total returns would have been lower.

⁽³⁾ Does not include the expenses of the investment companies in which the Fund invests.

⁽⁴⁾ Recognition of net investment income by the Fund is affected by the timing of the declaration of dividends by the underlying investment companies in which the Fund invests.

Power Momentum Index VIT Fund

Per Share Data and Ratios for a Share of Beneficial Interest Outstanding Throughout Each Year

	Class 1				
	For the Year Ended <u>December 31, 2018</u>	For the Year Ended <u>December 31, 2017</u>	For the Year Ended <u>December 31, 2016</u>	For the Year Ended <u>December 31, 2015</u>	For the Year Ended <u>December 31, 2014</u>
Net asset value, beginning of year	\$ 33.82	\$ 28.51	\$ 27.13	\$ 34.78	\$ 32.32
Activity from investment operations:					
Net investment income ⁽¹⁾	0.25	0.10	0.36	0.08	0.19
Net realized and unrealized gain (loss) on investments	(2.02)	5.85	1.10	(0.89)	2.41
Total from investment operations	(1.77)	5.95	1.46	(0.81)	2.60
Less distributions from:					
Net investment income	(0.11)	(0.43)	(0.08)	(0.22)	(0.14)
Net realized gains	(5.64)	(0.21)	—	(6.62)	—
Total distributions	(5.75)	(0.64)	(0.08)	(6.84)	(0.14)
Net asset value, end of year	\$ 26.30	\$ 33.82	\$ 28.51	\$ 27.13	\$ 34.78
Total return ⁽²⁾	(2.66)%	20.93%	5.39%	(1.05)%	8.05%
Net assets, at end of year (000s)	\$ 77,657	\$ 82,133	\$ 77,116	\$ 81,948	\$ 96,129
Ratio of gross expenses to average net assets before waiver ⁽³⁾	1.50%	1.49%	1.21%	1.24%	1.17%
Ratio of net expenses to average net assets after waiver ⁽³⁾	1.15%	1.19%	1.21%	1.24%	1.17%
Ratio of net investment income to average net assets before waivers ⁽⁴⁾	0.40%	0.01%	1.33%	0.24%	0.56%
Ratio of net investment income to average net assets after waivers ⁽⁴⁾	0.75%	0.31%	1.33%	0.24%	0.56%
Portfolio Turnover Rate	458%	506%	141%	107%	234%

⁽¹⁾ Per share amounts calculated using the average shares method, which appropriately presents the per share data for the year.

⁽²⁾ Total returns are historical in nature and exclude the effect of applicable sales charges and assumes reinvestment of dividends and capital gain distributions. Had the Advisor not absorbed a portion of the expenses, total returns would have been lower.

⁽³⁾ Does not include the expenses of the investment companies in which the Fund invests.

⁽⁴⁾ Recognition of net investment income by the Fund is affected by the timing of the declaration of dividends by the underlying investment companies in which the Fund invests.

Power Income VIT Fund

Per Share Data and Ratios for a Share of Beneficial Interest Outstanding Throughout Each Year

	Class 1				
	For the Year Ended <u>December 31, 2018</u>	For the Year Ended <u>December 31, 2017</u>	For the Year Ended <u>December 31, 2016</u>	For the Year Ended <u>December 31, 2015</u>	For the Year Ended <u>December 31, 2014</u>
Net asset value, beginning of year	\$ 10.68	\$ 10.41	\$ 9.74	\$ 10.10	\$ 10.58
Activity from investment operations:					
Net investment income ⁽¹⁾	0.28	0.47	0.07	0.18	0.39
Net realized and unrealized gain (loss) on investments	(0.39)	(0.02)	0.60	(0.26)	(0.32)
Total from investment operations	(0.11)	0.45	0.67	(0.08)	0.07
Less distributions from:					
Net investment income	(0.26)	(0.18)	—	(0.28)	(0.39)
Net realized gains	—	—	—	—	(0.16)
Total distributions	(0.26)	(0.18)	—	(0.28)	(0.55)
Net asset value, end of year	<u>\$ 10.31</u>	<u>\$ 10.68</u>	<u>\$ 10.41</u>	<u>\$ 9.74</u>	<u>\$ 10.10</u>
Total return ⁽²⁾	<u>(1.08)%</u>	<u>4.32%</u>	<u>6.88%</u>	<u>(0.83)%</u>	<u>0.63%</u>
Net assets, at end of year	<u>\$ 120</u>	<u>\$ 122</u>	<u>\$ 116</u>	<u>\$ 109</u>	<u>\$ 110</u>
Ratio of gross expenses to average net assets before waiver ⁽³⁾	2.34%	2.39%	2.04%	1.76%	1.75%
Ratio of net expenses to average net assets after waiver ⁽³⁾	2.00%	2.00%	2.00%	1.76%	1.75%
Ratio of net investment income to average net assets before waivers ^(3,4)	2.31%	2.31%	0.62%	0.24%	1.48%
Ratio of net investment income to average net assets after waivers ^(3,4)	2.65%	2.70%	0.66%	0.24%	1.48%
Portfolio Turnover Rate	316%	199%	365%	459%	314%

⁽¹⁾ Per share amounts calculated using the average shares method, which appropriately presents the per share data for the period.

⁽²⁾ Total returns are historical in nature and exclude the effect of applicable sales charges and assumes reinvestment of dividends and capital gain distributions. Had the Advisor not absorbed a portion of the expenses, total returns would have been lower.

⁽³⁾ Does not include the expenses of other investment companies in which the Fund invests.

⁽⁴⁾ Recognition of net investment income by the Fund is affected by the timing and declaration of dividends by the underlying investment companies in which the Fund invests.

Power Income VIT Fund

Per Share Data and Ratios for a Share of Beneficial Interest Outstanding Throughout Each Year

	Class 2				
	For the Year Ended <u>December 31, 2018</u>	For the Year Ended <u>December 31, 2017</u>	For the Year Ended <u>December 31, 2016</u>	For the Year Ended <u>December 31, 2015</u>	For the Year Ended <u>December 31, 2014</u>
Net asset value, beginning of year	\$ 9.91	\$ 9.79	\$ 9.38	\$ 9.86	\$ 10.49
Activity from investment operations:					
Net investment income (loss) ⁽¹⁾	0.21	0.22	0.07	(0.03)	0.21
Net realized and unrealized gain (loss) on investments	(0.53)	(0.01)	0.34	(0.22)	(0.32)
Total from investment operations	(0.32)	0.21	0.41	(0.25)	(0.11)
Less distributions from:					
Net investment income	(0.22)	(0.09)	—	(0.23)	(0.36)
Net realized gains	—	—	—	—	(0.16)
Total distributions	(0.22)	(0.09)	—	(0.23)	(0.52)
Net asset value, end of year	<u>\$ 9.37</u>	<u>\$ 9.91</u>	<u>\$ 9.79</u>	<u>\$ 9.38</u>	<u>\$ 9.86</u>
Total return ⁽²⁾	<u>(3.31)%</u>	<u>2.12%</u>	<u>4.37%</u>	<u>(2.51)%</u>	<u>(1.08)%</u>
Net assets, at end of year (000s)	<u>\$ 9,256</u>	<u>\$ 8,931</u>	<u>\$ 10,389</u>	<u>\$ 13,734</u>	<u>\$ 16,398</u>
Ratio of gross expenses to average net assets before waiver ⁽³⁾	2.84%	2.89%	2.54%	2.26%	2.25%
Ratio of net expenses to average net assets after waiver ⁽³⁾	2.50%	2.50%	2.50%	2.26%	2.25%
Ratio of net investment income (loss) to average net assets before waivers ^(3,4)	1.84%	1.81%	0.64%	(0.26)%	1.98%
Ratio of net investment income (loss) to average net assets after waivers ^(3,4)	2.18%	2.20%	0.68%	(0.26)%	1.98%
Portfolio Turnover Rate	316%	199%	365%	459%	314%

⁽¹⁾ Per share amounts calculated using the average shares method, which appropriately presents the per share data for the period.

⁽²⁾ Total returns are historical in nature and exclude the effect of applicable sales charges and assumes reinvestment of dividends and capital gain distributions. Had the Advisor not absorbed a portion of the expenses, total returns would have been lower.

⁽³⁾ Does not include the expenses of other investment companies in which the Fund invests.

⁽⁴⁾ Recognition of net investment income by the Fund is affected by the timing and declaration of dividends by the underlying investment companies in which the Fund invests.

PRIVACY NOTICE

Rev. February 2014

FACTS

WHAT DOES NORTHERN LIGHTS VARIABLE TRUST DO WITH YOUR PERSONAL INFORMATION?

Why?

Financial companies choose how they share your personal information. Federal law gives consumers the right to limit some, but not all sharing. Federal law also requires us to tell you how we collect, share, and protect your personal information. Please read this notice carefully to understand what we do.

What?

The types of personal information we collect and share depends on the product or service that you have with us. This information can include:

- Social Security number and wire transfer instructions
- account transactions and transaction history
- investment experience and purchase history

When you are *no longer* our customer, we continue to share your information as described in this notice.

How?

All financial companies need to share customers' personal information to run their everyday business. In the section below, we list the reasons financial companies can share their customers' personal information; the reasons Northern Lights Variable Trust chooses to share; and whether you can limit this sharing.

Reasons we can share your personal information:	Does Northern Lights Variable Trust share information?	Can you limit this sharing?
For our everyday business purposes - such as to process your transactions, maintain your account(s), respond to court orders and legal investigations, or report to credit bureaus.	YES	NO
For our marketing purposes - to offer our products and services to you.	NO	We don't share
For joint marketing with other financial companies.	NO	We don't share
For our affiliates' everyday business purposes - information about your transactions and records.	NO	We don't share
For our affiliates' everyday business purposes - information about your credit worthiness.	NO	We don't share
For nonaffiliates to market to you	NO	We don't share

QUESTIONS?

Call 1-402-493-4603

What we do:

How does Northern Lights Variable Trust protect my personal information?	<p>To protect your personal information from unauthorized access and use, we use security measures that comply with federal law. These measures include computer safeguards and secured files and buildings.</p> <p>Our service providers are held accountable for adhering to strict policies and procedures to prevent any misuse of your nonpublic personal information.</p>
How does Northern Lights Variable Trust collect my personal information?	<p>We collect your personal information, for example, when you</p> <ul style="list-style-type: none"> • open an account or deposit money • direct us to buy securities or direct us to sell your securities • seek advice about your investments <p>We also collect your personal information from others, such as credit bureaus, affiliates, or other companies.</p>
Why can't I limit all sharing?	<p>Federal law gives you the right to limit only:</p> <ul style="list-style-type: none"> • sharing for affiliates' everyday business purposes – information about your creditworthiness. • affiliates from using your information to market to you. • sharing for nonaffiliates to market to you. <p>State laws and individual companies may give you additional rights to limit sharing.</p>

Definitions

Affiliates	<p>Companies related by common ownership or control. They can be financial and nonfinancial companies.</p> <ul style="list-style-type: none"> • <i>Northern Lights Variable Trust does not share with our affiliates.</i>
Nonaffiliates	<p>Companies not related by common ownership or control. They can be financial and nonfinancial companies.</p> <ul style="list-style-type: none"> • <i>Northern Lights Variable Trust does not share with nonaffiliates so they can market to you.</i>
Joint marketing	<p>A formal agreement between nonaffiliated financial companies that together market financial products or services to you.</p> <ul style="list-style-type: none"> • <i>Northern Lights Variable Trust doesn't jointly market.</i>

Power Momentum Index VIT Fund
Power Dividend Index VIT Fund
Power Income VIT Fund

Adviser	W.E. Donoghue & Co., LLC One International Place Suite 2920 Boston, MA 02110	Distributor	Northern Lights Distributors, LLC 17645 Wright Street, Suite 200 Omaha, NE 68130
Independent Registered Public Accounting Firm	Deloitte & Touche, LLP 695 Town Center Drive, Suite 1200 Costa Mesa, CA 92636	Legal Counsel	Thompson Hine LLP 41 South High Street, Suite 1700 Columbus, OH 43215
Custodian	MUFG Union Bank, N.A. 400 California Street San Francisco, CA 94104	Transfer Agent	Gemini Fund Services, LLC 17645 Wright Street, Suite 200 Omaha, NE 68130

Additional information about each Fund is included in the Funds' Statement of Additional Information dated May 1, 2019 (the "SAI"). The SAI is incorporated into this Prospectus by reference (i.e., legally made a part of this Prospectus). The SAI provides more details about the Trust's policies and management. Additional information about the Funds' investments will also be available in the Funds' Annual and Semi-Annual Reports to Shareholders. In the Funds' Annual Report, you will find a discussion of the market conditions and investment strategies that significantly affected the Funds' performance during its last fiscal year.

To obtain a free copy of the SAI and the Annual and Semi-Annual Reports to Shareholders, or other information about the Funds, or to make shareholder inquiries about the Funds, please call 1-877-7-PWRINC or visit www.powermutualfunds.com. You may also write to:

Power Momentum Index VIT Fund
Power Dividend Index VIT Fund
Power Income VIT Fund
c/o Gemini Fund Services, LLC
17645 Wright Street, Suite 200
Omaha, Nebraska 68130

You may review and obtain copies of the Funds' information at the SEC Public Reference Room in Washington, D.C. Please call 1-202-551-8090 for information relating to the operation of the Public Reference Room. Reports and other information about the Fund are available on the EDGAR Database on the SEC's Internet site at <http://www.sec.gov>. Copies of the information may be obtained, after paying a duplicating fee, by electronic request at the following E-mail address: publicinfo@sec.gov, or by writing the Public Reference Section, Securities and Exchange Commission, Washington, D.C. 20549-0102.

Investment Company Act File # 811-21853