



Rational Dividend Capture Fund

Class A Shares: HDCAX

Class C Shares: HDCEX

Institutional Shares: HDCTX

October 2, 2019

IMPORTANT NOTICE REGARDING CHANGES IN FUND NAME AND INVESTMENT POLICY FOR RATIONAL DIVIDEND CAPTURE FUND

This Supplement amends certain information contained in the Fund's Summary Prospectus, dated May 1, 2019, Prospectus, dated May 1, 2019, as revised June 11, 2019 (together, the "Prospectuses") and Statement of Additional Information, dated May 1, 2019 ("SAI"), each as supplemented to date.

The Board of Trustees of Mutual Fund & Variable Insurance Trust (the "Trust") has approved changes to the Rational Dividend Capture Fund's (the "Fund") name, investment policy and principal investment strategies in connection with repositioning the Fund as an equity fund with a hedging component, and the hiring of a new investment sub-adviser for the Fund. As a result, the following changes are expected to take place on or about December 1, 2019:

- The Fund's name will change to "Rational Equity Armor Fund."
- The Fund's 80% investment policy under the "Principal Investment Strategy" sections of the Prospectuses will be changed as follows:

Current Policy: "The Fund will invest at least 80% of its net assets, plus the amount of borrowings for investment purposes, in dividend-paying stocks."

New Policy: "The Fund will invest at least 80% of its net assets, plus the amount of borrowings for investment purposes, in equity securities."

- The Fund will implement material changes to its principal investment strategy in connection with the repositioning as discussed above.
- In connection with the Fund's new principal investment strategies, the Fund will be subject to additional risks.
- Equity Armor Investments, LLC ("Equity Armor") will replace PVG Asset Management Corp. as investment sub-adviser of the Fund and, subject to the oversight of the Fund's investment adviser, Rational Advisors, Inc., Equity Armor will be responsible for making investment decisions and executing portfolio transactions for the Fund.
- Brian Stutland, Managing Partner, Chief Investment Officer and Chief Compliance Officer of Equity Armor; Luke Rahbari, Member and a Portfolio Manager of Equity Armor; and Joseph

Tigay, Chief Trading Officer and a Portfolio Manager, will serve as the Portfolio Managers of the Fund and will be primarily responsible for the day-to-day management of the Fund's portfolio. Mr. Stutland will serve as the Fund's Lead Portfolio Manager. Patrick S. Adams and Tim McIntosh of PVG Asset Management Corp. will no longer serve as the Portfolio Managers of the Fund.

Each of these changes will be reflected in a new prospectus, summary prospectus and statement of additional information dated May 1, 2019, as revised December 1, 2019. In addition, an Information Statement containing information regarding Equity Armor will be distributed to shareholders.

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You should read this Supplement in conjunction with the Summary Prospectus, dated May 1, 2019, Prospectus, dated May 1, 2019, as revised June 11, 2019, and SAI, dated May 1, 2019, each as supplemented to date, which provide information that you should know about the Fund before investing. These documents are available upon request and without charge by calling the Fund toll-free at 1-800-253-0412 or by writing to 36 North New York Avenue, Huntington, NY 11743.

Please retain this Supplement for future reference.



Rational Dividend Capture Fund

Class A Shares: HDCAX Class C Shares: HDCEX Institutional Shares: HDCTX

SUMMARY PROSPECTUS

May 1, 2019

Before you invest, you may want to review the Fund's complete prospectus, which contains more information about the Fund and its risks. You can find the Fund's prospectus and other information about the Fund at <http://rationalmf.com/literature-forms/>. You can also get this information at no cost by calling 800-253-0412, emailing info@rationalmf.com or by asking any financial intermediary that offers shares of the Fund. The Fund's prospectus and statement of additional information, both dated May 1, 2019, are incorporated by reference into this summary prospectus and may be obtained, free of charge, at the website or phone number noted above.

Beginning on January 1, 2021, the Fund intends to meet its shareholder report delivery obligations by posting annual and semi-annual shareholder reports to the Fund's website, www.rationalmf.com, rather than delivering paper copies. You will be notified by mail each time a report is posted and provided with the website link to access the report. You may elect to receive paper copies of a specific shareholder report or all future shareholder reports free of charge by contacting your financial intermediary (such as a broker-dealer or bank) or, if you are a direct investor, by calling the Fund at 1-800-253-0412. Your election to receive reports in paper will apply to all funds held within the fund complex.

You may elect to receive shareholder reports and other communications from the Fund or your financial intermediary electronically by contacting your financial intermediary or, if you are a direct shareholder, by calling the Fund at 1-800-253-0412. If you already elected to receive shareholder reports electronically, you will not be affected by this change and you do not need to do anything.

FUND SUMMARY – RATIONAL DIVIDEND CAPTURE FUND

Investment Objective: The Fund’s investment objective is to seek total return on investment, with dividend income an important component of that return.

Fees and Expenses of the Fund: This table describes the fees and expenses that you may pay if you buy and hold shares of the Fund. You may qualify for sales charge discounts on purchases of Class A shares if you and your family invest, or agree to invest in the future, at least \$50,000 in the Fund. More information about these and other discounts is available from your financial professional and is included in the sections of the Fund’s Prospectus entitled **How to Buy Shares** on page 101 and Appendix A - Intermediary-Specific Sales Charge Reductions and Waivers, and in the sections of the Fund’s Statement of Additional Information (“SAI”) entitled **Waivers and Reductions of Up-Front Sales Charge on Class A Shares** on page 78.

| Shareholder Fees (fees paid directly from your investment) | Institutional Shares | Class A Shares | Class C Shares |
|--|-----------------------------|-----------------------|-----------------------|
| Maximum Sales Charge (Load) Imposed on Purchases (as a percentage of offering price) | None | 4.75% | None |
| Maximum Deferred Sales Charge (Load) (as a percentage of the lesser of original purchase price or the net asset value of shares at the time of redemption) | None | None ⁽¹⁾ | 1.00% ⁽²⁾ |
| Maximum Sales Charge (Load) Imposed on Reinvested Dividends and other Distributions | None | None | None |
| Redemption Fee | None | None | None |
| Exchange Fee | None | None | None |
| Annual Fund Operating Expenses (expenses that you pay each year as a percentage of the value of your investment) | Institutional Shares | Class A Shares | Class C Shares |
| Management Fees | 0.75% | 0.75% | 0.75% |
| Distribution (12b-1) Fees | None | 0.25% | 1.00% |
| Other Expenses (including shareholder services fee of up to 0.25%) | 0.83% | 0.82% | 0.84% |
| Acquired Fund Fees and Expenses ⁽³⁾ | 1.14% | 1.14% | 1.14% |
| Total Annual Fund Operating Expenses | 2.72% | 2.96% | 3.73% |
| Fee Waivers and/or Expense Reimbursements ⁽⁴⁾ | (0.58)% | (0.57)% | (0.59)% |
| Total Annual Fund Operating Expenses After Fee Waivers and/or Expense Reimbursements | 2.14% | 2.39% | 3.14% |

⁽¹⁾ In the case of investments of \$1 million or more (where you do not pay an initial sales charge and the selling broker receives a commission), a 1.00% contingent deferred sales charge (“CDSC”) may be assessed on shares redeemed within two years of purchase.

⁽²⁾ Maximum Deferred Sales Charge on Class C Shares applies to shares sold within 12 months of purchase.

⁽³⁾ Acquired Fund Fees and Expenses are the indirect costs of investing in other investment companies. The total annual fund 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.

⁽⁴⁾ The Fund’s investment advisor, Rational Advisors, Inc. (the “Advisor”) has contractually agreed to waive all or a portion of its management fee and/or reimburse certain operating expenses of the Fund to the extent necessary in order to limit the Fund’s Total Annual Fund Operating Expenses (exclusive of acquired fund fees and expenses, brokerage costs, interest, taxes and dividends, and extraordinary expenses) to not more than 1.00%, 1.25%, and 2.00% of the Institutional Shares, Class A Shares, and Class C Shares, daily net assets, respectively, through April 30, 2020. This arrangement may only be terminated prior to this date with the agreement of the Fund’s Board of Trustees. Under certain conditions, the Advisor may recapture operating expenses waived and/or reimbursed under this agreement for a period of three years after the fees were waived or reimbursed, if the recapture can be achieved within the lesser of the expense limits in effect at the time of waiver and the expense limits in effect at the time of recapture.

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 shows the operating expenses you would incur as a shareholder if you invested \$10,000 in the Fund over the time periods shown and you redeem all your shares at the end of those periods. The example assumes that the average annual return was 5%, operating expenses remained the same, and that the expense reduction/reimbursement remains in place for the contractual periods only. Although your actual costs may be higher or lower, based on the above assumptions, your costs would be:

| | 1 Year | 3 Years | 5 Years | 10 Years |
|----------------------------------|---------------|----------------|----------------|-----------------|
| Institutional Shares | \$217 | \$789 | \$1,388 | \$3,009 |
| Class A Shares | \$706 | \$1,296 | \$1,911 | \$3,561 |
| Class C Shares – no redemption | \$317 | \$1,086 | \$1,876 | \$3,938 |
| Class C Shares – with redemption | \$417 | \$1,086 | \$1,876 | \$3,938 |

Portfolio Turnover: The Fund pays transaction costs, such as commissions, when it buys and sells securities (or “turns over” its portfolio). A higher portfolio turnover rate may indicate higher transaction costs and may result in higher taxes when Fund shares are held in a taxable account. 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 307% of the average value of its portfolio.

Principal Investment Strategy

The Fund will invest at least 80% of its net assets, plus the amount of borrowings for investment purposes, in dividend-paying stocks. The dividend-paying stocks in which the Fund may invest include common stock, preferred stocks, real estate investment trusts (“REITs”), business development companies (“BDCs”) and master limited partnerships (“MLPs”). The Fund may invest in these securities either directly or indirectly through investment in exchange traded funds (“ETFs”).

The Fund generally invests in middle- and large-capitalization U.S. corporations. Quantitative and fundamental analysis is used to select high quality dividend paying stocks. The analysis is focused on the sustainability of the dividend, the growth and the valuation of the stock versus its historical valuation and the future prospects. PVG Asset Management Corporation, the Fund’s investment sub-advisor (the “Sub-Advisor”), selects stocks that rank most highly based on the combination of these characteristics. Positions are sold when they no longer rank favorably or when they no longer provide the targeted risk adjusted returns. The Fund actively trades its portfolio investments, which may lead to higher transaction costs that may affect the Fund’s performance.

Principal Investment Risks

As with any mutual fund, there is no guarantee that the Fund will achieve its objective. Investment markets are unpredictable and there will be certain market conditions where the Fund will not meet its investment objective and will lose money. The Fund’s net asset value and returns will vary and you could lose money on your investment in the Fund and those losses could be significant. An investment in the Fund is not a bank deposit and is not insured or guaranteed by the Federal Deposit Insurance Corporation or any other government agency.

The following summarizes the principal risks of investing in the Fund. These risks could adversely affect the net asset value, total return and the value of the Fund and your investment.

Dividend Yield Risk. While the Fund may hold securities of companies that have historically paid a dividend, those companies may reduce or discontinue their dividends, thus reducing the yield of

the Fund. Lower priced securities in the Fund may be more susceptible to these risks. Past dividend payments are not a guarantee of future dividend payments.

Equity Securities Risk. The price of equity securities in the Fund's portfolio will fluctuate based on actual or perceived changes in a company's financial condition and on market and economic conditions. Investor perceptions are based on various and unpredictable factors, including expectations regarding government, economic, monetary and fiscal policies; inflation and interest rates; economic expansion or contraction and global or regional political, economic and banking crises.

ETF Risk. Like a mutual fund, the value of an ETF can fluctuate based on the prices of the securities owned by the ETF, and ETFs are also subject to the following additional risks: (i) the ETF's market price may be less than its net asset value; (ii) an active market for the ETF may not develop or be maintained; and (iii) market trading in the ETF may be halted under certain circumstances. Because the Fund may invest its assets in ETFs that have their own fees and expenses in addition to those charged directly by the Fund, the Fund may bear higher expenses than a Fund that invests directly in individual securities.

Management Risk. The investment strategies employed by the Sub-Advisor in selecting investments for the Fund may not result in an increase in the value of your investment or in overall performance equal to other similar investment vehicles having similar investment strategies. In addition, the Sub-Advisor's judgment about the attractiveness, value and potential appreciation of particular stocks or other securities in which the Fund invests may prove to be incorrect and there is no guarantee that the Sub-Advisor's judgment will produce the desired result.

Market Risk. The value of securities in the Fund's portfolio will fluctuate and, as a result, the Fund's share price may decline suddenly or over a sustained period of time. Overall market risks may also affect the value of the Fund. Factors such as economic growth and market conditions, interest rate levels and political events affect the securities markets.

Medium (Mid) Capitalization Stock Risk. The earnings and prospects of mid-capitalization companies are more volatile than larger companies, they may experience higher failure rates than larger companies and normally have a lower trading volume than larger companies, which may tend to make their market price fall more disproportionately than larger companies in response to selling pressures.

MLP and MLP-Related Securities Risk. Investments in MLPs and MLP-related securities involve risks different from those on 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 do not pay U.S. federal income tax at the partnership level, subject to the application of certain partnership audit rules. 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 a MLP that is not taxed as a corporation.

Preferred Stock Risk. Typically, a rise in interest rates causes a decline in the value of preferred stocks. Preferred stocks are also subject to credit and default risk, which is the possibility that an issuer of preferred stock will fail to make its dividend payment. Issuers of preferred stocks may redeem their securities prior to maturity at a price below their current market value which would negatively impact the investment return of such preferred stocks.

Real Estate/REIT Risk. The Fund's investments in REITs are subject to the same risks as direct investments in real estate, including sensitivity to general economic downturns and the volatility of local real estate markets. REITs may have limited financial resources and their securities may trade infrequently and in limited volume, and thus they may be more volatile than other securities.

Turnover Risk. The Fund may have a high turnover of the securities held in its portfolio. Increased portfolio turnover causes the Fund to incur higher brokerage costs, which may adversely affect the Fund's performance and may produce increased taxable distributions.

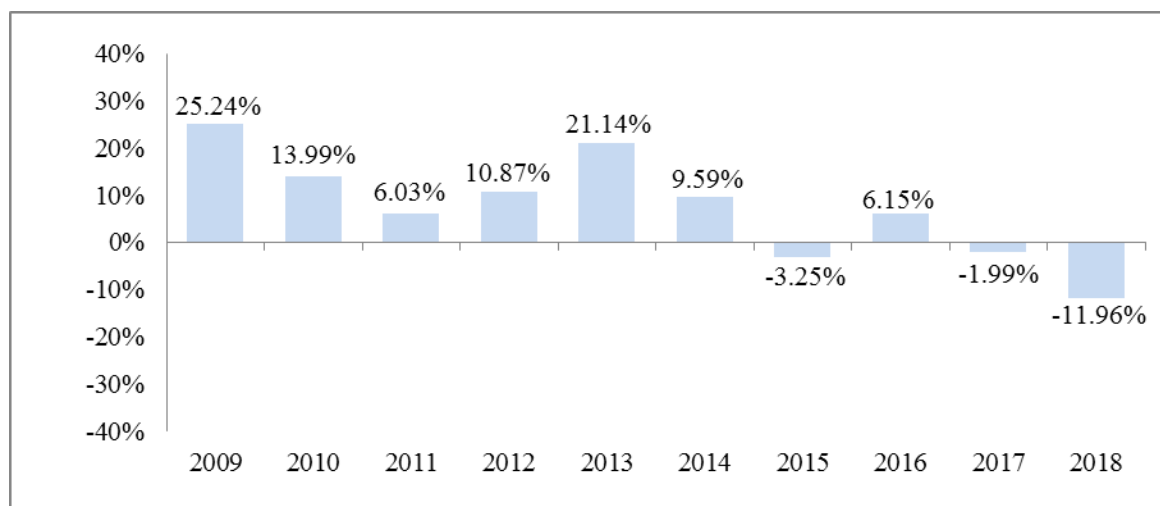
Underlying Fund Risk. Other investment companies, including ETFs and BDCs ("Underlying Funds"), in which the Fund invests are subject to investment advisory fees and other expenses, which will be indirectly paid by the Fund. As a result, the cost of investing in the Fund will be higher than the cost of investing directly in the Underlying Funds and may be higher than other mutual funds that invest directly in stocks and bonds. Each of the Underlying Funds is subject to its own specific risks.

For more information, please see "Principal Investment Strategies and Risks."

Performance: The bar chart and accompanying table shown below provide an indication of the risks of investing in the Fund by showing the total return of its Institutional Shares for each full calendar year, and by showing how its average returns compare over time with those of a broad-based market index and an index of value oriented S&P 500 companies. How the Fund has performed in the past (before and after taxes) is not necessarily an indication of how it will perform in the future. Updated performance information and daily net asset value per share is available at no cost by calling 1-800-253-0412.

The Fund changed its investment strategy effective May 1, 2016. Performance information for periods prior to May 1, 2016 does not reflect the Fund's current investment strategy.

Annual Total Returns



During the period shown in the bar chart, the highest return for a quarter was 23.66% (quarter ended June 30, 2009), and the lowest return for the quarter was (17.31)% (quarter ended March 31, 2009). The Fund's Institutional Shares year-to-date return for the period ended March 31, 2019 was 6.52%.

Average Annual Total Returns (for the periods ended December 31, 2018)

| Institutional Shares | 1 Year | 5 Years | 10 Years |
|--|---------------|----------------|-----------------------------------|
| Return Before Taxes | (11.96)% | (0.58)% | 7.04% |
| Return After Taxes on Distributions | (13.73)% | (3.38)% | 4.74% |
| Return After Taxes on Distributions and Sale of Fund Shares | (6.22)% | (0.94)% | 5.06% |
| Class A Shares | (16.39)% | (1.81)% | 6.24% |
| Standard & Poor's 500 Total Return Index® (reflects no deduction for fees, expenses or taxes) | (4.38)% | 8.49% | 13.12% |
| Standard & Poor's 500 Value Total Return Index® (reflects no deduction for fees, expenses or taxes) | (8.95)% | 6.06% | 11.21% |
| | | | Since inception (1/2/2014) |
| Class C Shares | (12.66)% | N/A | (1.27)% |
| Standard & Poor's 500 Total Return Index® (reflects no deduction for fees, expenses or taxes) | (4.38)% | N/A | 8.71% |
| Standard & Poor's 500 Value Total Return Index® (reflects no deduction for fees, expenses or taxes) | (8.95)% | N/A | 6.23% |

After-tax returns are calculated using the highest historical individual federal marginal income tax rate and do not reflect the impact of state and local taxes. Actual after-tax returns depend on a shareholder's tax situation and may differ from those shown. After-tax returns are not relevant for shareholders who hold

Fund shares in tax-deferred accounts or to shares held by non-taxable entities. After-tax returns are only shown for Institutional Shares. After-tax returns for other share classes will vary.

Investment Advisor and Portfolio Managers

Advisor: Rational Advisors, Inc. (“Rational”) is the Fund’s investment advisor (the “Advisor”).

Sub-Advisor: PVG Asset Management Corporation is the Fund’s investment sub-advisor.

Portfolio Managers: Patrick S. Adams, Chief Executive Officer and Lead Portfolio Manager of the Sub-Advisor, and Tim McIntosh, a Portfolio Manager of the Sub-Advisor, serve as the Fund’s portfolio managers and are primarily responsible for the day-to-day management of the Fund. Mr. Adams serves as the Fund’s Lead Portfolio Manager. Messrs. Adams and McIntosh have served the Fund in these capacities since January 2017 and March 2019, respectively.

Purchase and Sale of Fund Shares: The minimum initial purchase for the Fund’s Class A, Class C, and Institutional is \$1,000. For Class A Shares and Class C Shares, the minimum subsequent investment is \$50; for Institutional Shares, the minimum subsequent investment is \$500. For Class A Shares, Class C Shares, and Institutional Shares, the minimum initial and subsequent investment through the Systematic Investment Program (“SIP”) is \$50.

You may purchase and redeem shares of the Fund on any day that the New York Stock Exchange is open. Redemption requests may be made in writing, by telephone or through a financial intermediary to the Fund or the Transfer Agent and will be paid by check or wire transfer.

Tax Information: The Fund’s distributions generally are taxable to you as ordinary income, capital gains, or some combination of both, unless you are investing through a tax-advantaged arrangement, such as a 401(k) plan or individual retirement account, in which case your distributions may be taxed as ordinary income when withdrawn from the tax-advantaged account.

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), 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 or visit your financial intermediary’s Web site for more information.