

Important Information Regarding Your Monthly Distribution

Nuveen Global High Income Fund (JGH)

Nuveen Mortgage and Income Fund (JLS)

Nuveen Multi-Market Income Fund (JMM)

Nuveen Credit Strategies Income Fund (JQC)

August 31, 2023: This notice provides shareholders of the above funds with information regarding the funds' distributions, as required by current securities laws. This information is as of July 31, 2023, and likely will vary over time based on the Fund's investment activities and portfolio investment value changes.

THIS NOTICE IS FOR INFORMATIONAL PURPOSES ONLY. NO ACTION IS REQUIRED ON YOUR PART.

If you would like to receive this notice and other shareholder information electronically, please visit www.investordelivery.com if you receive distributions and statements from your financial professional or brokerage account, or www.nuveen.com/en-us/client-access if you receive distributions and statements directly from Nuveen. An electronic copy of this notice is also posted under distribution notices at www.nuveen.com/en-us/closed-end-funds.

The Nuveen funds listed above have adopted a level distribution program. The goal of the funds' level distribution program is to provide shareholders with stable, but not guaranteed, cash flow, independent of the amount or timing of income earned or capital gains realized by the funds. Each fund intends to distribute all or substantially all of its net investment income through its regular monthly distribution and to distribute realized capital gains at least annually. As a result, regular distributions throughout the year are expected to include net investment income and potentially a return of capital or capital gains for tax purposes.

Actual amounts and sources for tax reporting purposes will be determined as of the Fund's fiscal year-end and reported to shareholders on Form 1099-DIV.

Because distribution source estimates are updated throughout the current fiscal year based on a fund's performance, these estimates may differ from both the tax information reported to you in your fund's 1099 statement, as well as the ultimate economic sources of distributions over the life of your investment.

The figures in the table below provide an estimate of the sources of distributions and may include amounts attributed to realized gains and/or returns of capital. The Funds attribute these estimates equally to each regular distribution throughout the year. Consequently, the estimated information shown below is for the current distribution, and also represents an updated estimate for all prior months in the fiscal year. These estimates should not be used for tax reporting purposes. The final determination for all distributions paid in 2023 will be made in early 2024 and reported to you on Form 1099-DIV. More details about the Fund's distributions and the basis for these estimates are available on www.nuveen.com/en-us/closed-end-funds.

Data as of July 31, 2023

Fund	Current Month				Fiscal YTD			
	Latest Declared Distribution	Estimated Percentage of the Distribution			Estimated Per Share Amounts			
		NII ¹	Realized Gains	ROC ²	Distributions	NII ¹	Realized Gains	ROC ²
JQC FYE (7/31)	0.0475	95.63%	0.00%	4.37%	0.5535	0.5293	0.0000	0.0242
JGH FYE (12/31)	0.1035	74.66%	0.00%	25.34%	0.7245	0.5409	0.0000	0.1836
JLS FYE (12/31)	0.1230	93.27%	0.00%	6.73%	0.8400	0.7835	0.0000	0.0565
JMM FYE (6/30)	0.0275	95.79%	0.00%	4.21%	0.0275	0.0263	0.0000	0.0012

(1) NII is net investment income.
(2) ROC is Return of Capital

The following table provides information regarding fund distributions and total return performance over various time periods. This information is intended to help you better understand whether fund returns for the specified time periods were sufficient to meet fund distributions.

Data as of July 31, 2023

Fund	Inception Date	Latest Declared Distribution	Annualized			Cumulative	
			Current Distribution on NAV	1-Year Return on NAV	5-Year Return on NAV	Fiscal YTD Distributions on NAV	Fiscal YTD Return on NAV
JQC FYE (7/31)	6/25/2003	\$0.0475	9.78%	5.01%	1.91%	9.49%	5.01%
JGH FYE (12/31)	11/24/2014	\$0.1035	9.58%	7.27%	1.63%	5.59%	7.19%
JLS FYE (12/31)	11/25/2009	\$0.1230	7.78%	3.90%	1.05%	4.43%	5.12%
JMM FYE (6/30)	12/30/1988	\$0.0275	5.18%	-0.76%	0.18%	0.43%	0.27%