

**Nuveen Mortgage and Income Fund (JLS)  
Nuveen Mortgage Opportunity Term Fund 2 (JMT)**

**Important Information Regarding Your Monthly Distribution**

**December 2, 2019:** This notice provides shareholders with information regarding fund distributions, as required by current securities laws. *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](http://www.investordelivery.com) if you receive distributions and statements from your financial advisor or brokerage account. An electronic copy of this notice is also posted at [www.nuveen.com/CEFdistributions](http://www.nuveen.com/CEFdistributions).

- Each fund seeks to establish a stable monthly distribution that roughly corresponds to the net cash flow received from investments in mortgage-backed securities.
- Cash flow received from investments in mortgage-backed securities may be characterized differently for financial reporting than for tax reporting.
- While the reported sources of distributions may include capital gains and/or return of capital for tax purposes, the funds intend to distribute only the net cash flow received as opposed to a distribution rate based on long-term total return.
- 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.

The figures in the table below provide an estimate of the sources of distributions based on cash flows received from mortgage-backed securities. As a result, the estimates below may include amounts attributed to realized gains and/or returns of capital. The Fund attributes these estimates equally to each regular distribution throughout the fiscal 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 2019 will be made in early 2020 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/CEFdistributions](http://www.nuveen.com/CEFdistributions).

Data as of October 31, 2019

Fund	Latest Declared Distribution	Current Month			Fiscal YTD			
		Estimated Percentage of the Distribution			Estimated Per Share Amounts			
		NII <sup>1</sup>	Realized Gains	ROC <sup>2</sup>	Distributions	NII <sup>1</sup>	Realized Gains	ROC <sup>2</sup>
JLS (FYE 12/31)	.1135	58.0%	0.0%	42.0%	1.1350	0.6583	.0000	0.4767
JMT (FYE 12/31)	.1125	50.0%	0.0%	50.0%	1.1250	0.5626	.0000	0.5624

(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 October 31, 2019							
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
JLS (FYE 12/31)	11/25/2009	\$.1135	5.90%	4.06%	5.55%	4.06%	5.22%
JMT (FYE 12/31)	2/23/2010	\$.1125	6.08%	3.49%	5.28%	3.49%	4.75%