

AMERICAN FUNDS AMERICAN HIGH-INCOME TRUST FUND

R5 CLASS

FIXED INCOME

AS OF 3/31/2010

Portfolio Net Assets \$15.82 Billion	Inception Date 5/15/2002	CUSIP 026547836	Symbol RITFX	Benchmark Index Credit Suisse High Yield Index	Expense Ratio¹ Gross 0.51% Net 0.51%
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PORTFOLIO STRATEGIES

The investment seeks to provide you with a high level of current income. Its secondary investment objective is capital appreciation. The fund invests primarily in higher yielding and generally lower quality debt securities (rated Ba1 or below or BB+ or below by a nationally recognized statistical rating organization or unrated but determined by the fund's investment adviser to be of equivalent quality), including corporate loan obligations.

MORNINGSTAR CATEGORY

High Yield Bond

MORNINGSTAR RATING™

Overall	3 Years	5 Years	10 Years
★★★	★★★	★★★	—
487	487	415	N/A

The Overall Morningstar Rating is based on risk-adjusted return, and is a weighted average of the applicable 3-, 5-, and 10-year Ratings.

MORNINGSTAR STYLE BOX™

	Short	Interm	Long
High			
Medium			
Low			

The Morningstar Style Box reveals a fund's investment strategy. For fixed-income funds, the vertical axis shows the average credit quality of the bonds owned and

the horizontal axis shows interest rate sensitivity as measured by a bond's duration (short, intermediate or long). Duration is a measure of interest-rate sensitivity—the longer a fund's duration, the more sensitive the fund is to shifts in interest rates.

LEARN MORE ABOUT OUR INVESTMENTS

For more information please contact:
800 TIAA-CREF (800 842-2273)
 Weekdays 8 a.m. to 10 p.m. ET,
 Saturdays 9 a.m. to 6 p.m. ET,
 or tiaa-cref.org

PERFORMANCE

	TOTAL RETURN		AVERAGE ANNUAL TOTAL RETURN				Since Inception
	3 Months	YTD	1 Year	3 Years	5 Years	10 Years	
American Funds American High-Income Trust Fund	4.91%	4.91%	52.40%	4.05%	6.50%	—	8.02%
Credit Suisse High Yield Index	4.48%	4.48%	52.28%	5.83%	7.16%	—	—
Morningstar High Yield Bond Average	4.26%	4.26%	47.60%	3.64%	5.52%	—	—

The returns quoted represent past performance, which is no guarantee of future results. Returns and the principal value of your investment will fluctuate. Current performance may be higher or lower than that shown above, and you may have a gain or a loss when you redeem your mutual fund shares/annuity account accumulation units. For current performance information, including performance to the most recent month-end, call 800 TIAA-CREF (800 842-2273).

American Funds American High-Income Trust Fund performance fluctuates and currently may be lower than the exceptional performance noted here.

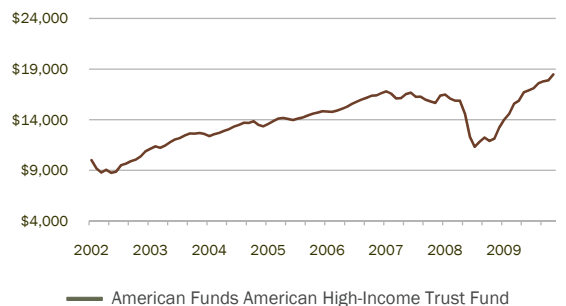
¹ Accumulations in mutual funds not managed by TIAA-CREF may be subject to administrative charges. These charges are subject to change. Please review current documents related to your plan.

ABOUT THE BENCHMARK

The Credit Suisse High Yield Index is an unmanaged, trader-priced index constructed to mirror the characteristics of the overall high yield bond market. The index includes issues rated BB and below by Standard & Poor's or Moody's with par amounts greater than \$75 million. You cannot invest directly in any index.

HYPOTHETICAL GROWTH OF \$10,000

An investment of \$10,000 on May 31, 2002 would have been worth \$18,471 on March 31, 2010, including the reinvestment of dividends and distributions.



The chart illustrates the performance of a hypothetical \$10,000 investment made in the account on the date indicated. The account total returns are not adjusted to reflect sales charges or the effects of taxation, but are adjusted to reflect actual ongoing fund expenses, and assume reinvestment of dividends and capital gains, net of all recurring costs.



FINANCIAL SERVICES
FOR THE GREATER GOOD®

AMERICAN FUNDS
AMERICAN FUNDS AMERICAN HIGH-INCOME TRUST FUND

R5 CLASS

FIXED INCOME

AS OF 3/31/2010

PORTFOLIO COMPOSITION (As of 3/31/10)

Sector	% of Portfolio Investments
Industrial Materials	34.4%
Financial Services	24.5%
Telecom	15.2%
Business Services	10.3%
Consumer Goods	5.8%
Hardware	4.8%
Healthcare	3.5%
Media	1.0%
Consumer Services	0.7%

TOP 10 HOLDINGS² (As of 3/31/10)

Issuer	% of Net Assets
Cricket Comms 9.375% 11/01/14	1.14%
Cricket Comms 7.75% 05/15/16	0.99%
Univision/Umbrella Acquisitio 144A 9.75% 03/15/15	0.92%
Michaels Stores 10% 11/01/14	0.91%
Nielsen Fin Llc/ Nielsen Fin 08/01/16	0.90%
Vwr Fdg 10.25% 07/15/15	0.88%
Nextel Comms 5.95% 03/15/14	0.86%
Tenet Healthcare 144A 8.875% 07/01/19	0.84%
Nextel Comms 7.375% 08/01/15	0.80%
Freescale Semicon 9.125% 12/15/14	0.78%

FUND FACTS

Number of Issues	809
Option-Adjusted Duration	3.38 Years ³
Average Maturity	- ⁴

MATURITY ALLOCATION (As of 12/31/2009)

Year(s)	% of Portfolio Investments
0 - 1 Year	0.0%
1 - 3 Years	9.2%
3 - 5 Years	30.0%
5 - 7 Years	33.1%
7 - 10 Years	17.6%
10+ Years	10.0%

IMPORTANT INFORMATION

²The top 10 holdings are subject to change and may not be representative of the fund's current or future investments. The holdings listed only include the fund's long-term investments. Money market instruments and/or futures contracts, if applicable, are excluded. The holdings do not include the fund's entire investment portfolio and should not be considered a recommendation to buy or sell a particular security.

³Option-adjusted duration estimates how much the value of a bond portfolio would be affected by a change in prevailing interest rates. It takes into account options embedded in the individual securities that might result in early repayment of principal, thereby shortening their duration. The longer a portfolio's duration, the more sensitive it is to changes in interest rates.

⁴The maturity date is the date on which the principal amount of a security becomes due or payable. Duration indicates the price sensitivity of a bond to changes in interest rates: the lower the duration, the lower the bond's potential volatility and vice versa. We seek to keep this portfolio's average duration similar to the benchmark's.

American Funds American High-Income Trust Fund is offered through a TIAA-CREF pension plan at net asset value (NAV) and the performance is displayed accordingly. Performance at NAV does not reflect sales charges, which are waived through your pension plan. If included, the sales charges would have reduced the performance quoted.

TIAA-CREF Individual & Institutional Services, LLC, and Teachers Personal Investors Services, Inc., members FINRA, distribute securities products. You should consider the investment objectives, risks, charges and expenses carefully before investing. Please call 877 518-9161 for a prospectus that contains this and other information. Please read the prospectus carefully before investing.

DATA SOURCE

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MORNINGSTAR DISCLOSURE

The Morningstar Category classifies a fund based on its investment style as measured by underlying portfolio holdings (portfolio statistics and compositions over the past three years). If the fund is new and has no portfolio, Morningstar estimates where it will fall before assigning a more permanent category. When necessary, Morningstar may change a category assignment based on current information.

To determine a fund's star rating for a given time period (three, five, or 10 years), the fund's risk-adjusted return (including the effects of sales charges, loads and redemption fees) is plotted on a bell curve. The top 10% of funds in each category receive 5 stars, the next 22.5% receive 4 stars, the next 35% earn 3 stars, the next 22.5% receive 2 stars, and the bottom 10% receive 1 star. Morningstar RatingTM is for individual share classes only. Other classes may have different performance characteristics.

A NOTE ABOUT RISKS

As with any investment, fixed-income mutual funds and annuity accounts are subject to a number of risks, including all or some of the following:

Interest Rate Risk, the risk that the market value of fixed-income securities may fluctuate when interest rates change; **Prepayment Risk**, the risk that the issuers of individual securities may prepay them at a time when interest rates have declined; **Extension Risk**, the risk that the value of individual securities will decline because principal payments are not made as early as possible; **Company Risk**, the risk that the financial condition of a company may deteriorate, causing a decline in the value of the securities it issues; **Income Volatility Risk**, the risk that the income from a portfolio of securities may decline in certain interest rate environments; **Credit Risk**, the risk that the issuers of individual securities may default; **Risks of inflation-indexed bonds**, the risks that interest payments on inflation-indexed bonds may decline because of a change in inflation (or deflation) expectations; **Illiquid securities risk**, the risk that illiquid securities may be difficult to sell at their fair market value; **Foreign Investment Risk**, the risk that securities of foreign issuers may lose value because of erratic market conditions, economic and political instability or fluctuations in currency exchange rates; **Active Management Risk**, the risk that a fund/account may underperform because of the allocation decisions or individual security selections of its portfolio manager; **Index Risk**, the risk that a portfolio's performance may not match that of its benchmark index. For a detailed discussion of risk, please consult the prospectus.

High-yield bonds, commonly known as junk bonds, are subject to greater risk of loss of principal and interest, including default risk, than higher-rated bonds.