

BNYM VIF: Appreciation Portfolio

(Unaudited)

As of date: 09/30/2021

Common Stocks

Identifier	Security Description	Shares	Market Value (\$)
002824100	Abbott Laboratories	82,125	9,701,426
00724F101	Adobe	14,650	8,434,298
009158106	Air Products & Chemicals	40,425	10,353,247
02079K107	Alphabet, Cl. C	9,944	26,503,843
02209S103	Altria Group	63,800	2,904,176
023135106	Amazon.com	7,875	25,869,690
037833100	Apple	205,725	29,110,088
B908F01	ASML Holding	15,975	11,903,132
053015103	Automatic Data Processing	13,440	2,686,925
09247X101	BlackRock	14,425	12,097,671
11133T103	Broadridge Financial Solutions	14,475	2,412,114
13645T100	Canadian Pacific Railway	69,675	4,533,752
166764100	Chevron	64,100	6,502,945
BJJN444	Clarivate Analytics	60,000	1,314,000
191216100	Coca-Cola	147,075	7,717,025
20030N101	Comcast, Cl. A	169,965	9,506,142
518439104	Estee Lauder Companies, Cl. A	49,225	14,764,054
30303M102	Facebook, Cl. A	76,835	26,077,031
366651107	Gartner	8,300	2,522,204
5253973	Hermes International	1,827	2,525,054
BD0Q558	IHS Markit	32,175	3,752,249
45866F104	Intercontinental Exchange	70,950	8,146,479
461202103	Intuit	16,300	8,794,013
46120E602	Intuitive Surgical	7,375	7,331,856
46625H100	JPMorgan Chase & Co.	68,550	11,220,950
4061412	LVMH Moet Hennessy Louis Vuitton	12,950	9,260,080
571903202	Marriott International, Cl. A	41,925	6,208,673
574795100	Masimo	13,375	3,620,746
57636Q104	Mastercard, Cl. A	13,800	4,797,984
580135101	McDonald's	31,625	7,625,104
594918104	Microsoft	140,585	39,633,723
641069406	Nestle, ADR	55,025	6,614,555
654106103	NIKE, Cl. B	45,915	6,668,235
670100205	Novo Nordisk, ADR	99,025	9,507,390
68902V107	Otis Worldwide	22,025	1,812,217
713448108	PepsiCo	43,850	6,595,479
718172109	Philip Morris International	88,825	8,419,722

743315103	Progressive	89,225	8,065,048
75513E101	Raytheon Technologies	37,675	3,238,543
78409V104	S&P Global	21,175	8,997,046
81762P102	ServiceNow	3,350	2,084,605
824348106	Sherwin-Williams	23,650	6,615,615
882508104	Texas Instruments	85,000	16,337,850
907818108	Union Pacific	36,400	7,134,764
91324P102	UnitedHealth Group	29,675	11,595,210
92345Y106	Verisk Analytics, Cl. A	21,115	4,228,701
92826C839	Visa, Cl. A	74,625	16,622,719
254687106	Walt Disney	12,405	2,098,554

Other Investments

Identifier	Security Description	Shares	Market Value (\$)
26200T208	Dreyfus Institutional Preferred Government Plus Money Market Fund	927,231	927,231

The fund holdings listing provides information on a fund's investments as of the date indicated and is subject to change at any time. The fund holdings listing provided here is not part of a fund's annual/semi-annual report or Form N-Q and has not been audited. The most recent annual/semiannual report can be viewed at www.bnymellonim.com/us. Forms N-Q are available on the SEC's website at www.sec.gov.

Investors should consider the investment objectives, risks, charges and expenses of a fund carefully before investing. Call 1-800-373-9387 or visit www.bnymellonim.com/us to receive a prospectus that contains this and other information about a fund, and read it carefully before investing.