

MFS INTERMEDIATE HIGH INCOME FUND

Form N-Q

April 26, 2010

UNITED STATES

SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

FORM N-Q

QUARTERLY SCHEDULE OF PORTFOLIO HOLDINGS OF

REGISTERED MANAGEMENT INVESTMENT COMPANIES

Investment Company Act file number 811-5567

MFS INTERMEDIATE HIGH INCOME FUND

(Exact name of registrant as specified in charter)

500 Boylston Street, Boston, Massachusetts 02116

(Address of principal executive offices) (Zip code)

Susan S. Newton

Massachusetts Financial Services Company

500 Boylston Street

Boston, Massachusetts 02116

(Name and address of agents for service)

Registrant's telephone number, including area code: (617) 954-5000

Date of fiscal year end: November 30

Date of reporting period: February 28, 2010

ITEM 1. SCHEDULE OF INVESTMENTS.

MFS Intermediate High Income Fund**PORTFOLIO OF INVESTMENTS (Unaudited) 2/28/10**

Issuer	Shares/Par	Value (\$)
Bonds 123.1%		
Aerospace 1.3%		
BE Aerospace, Inc., 8.5%, 2018	\$ 225,000	\$ 235,687
Hawker Beechcraft Acquisition Co. LLC, 8.5%, 2015	406,000	306,530
Spirit AeroSystems Holdings, Inc., 7.5%, 2017 (n)	240,000	237,600
		\$ 779,817
Airlines 1.8%		
American Airlines Pass-Through Trust, 7.377%, 2019	\$ 126,830	\$ 101,464
Continental Airlines, Inc., 7.339%, 2014	524,000	495,180
Delta Air Lines, Inc., 7.111%, 2013	150,000	151,500
Delta Air Lines, Inc., 7.711%, 2013	330,000	326,700
		\$ 1,074,844
Apparel Manufacturers 1.2%		
Broder Brothers Co., 11.25%, 2010	\$ 260,000	\$ 202,800
Hanesbrands, Inc., 8%, 2016	160,000	163,200
Hanesbrands, Inc., FRN, 3.83%, 2014	220,000	206,250
Levi Strauss & Co., 9.75%, 2015	105,000	109,462
		\$ 681,712
Asset Backed & Securitized 2.1%		
Banc of America Commercial Mortgage, Inc., FRN, 5.811%, 2051	\$ 176,159	\$ 135,890
Banc of America Commercial Mortgage, Inc., FRN, 6.209%, 2051 (z)	450,000	116,954
Citigroup Commercial Mortgage Trust, FRN, 5.7%, 2049	275,000	53,515
Credit Suisse Mortgage Capital Certificate, 5.343%, 2039	197,320	151,464
JPMorgan Chase Commercial Mortgage Securities Corp., FRN, 5.746%, 2049	250,617	78,311
JPMorgan Chase Commercial Mortgage Securities Corp., FRN, 5.746%, 2049	404,598	118,596
JPMorgan Chase Commercial Mortgage Securities Corp., FRN, 5.746%, 2049	1,169,622	311,913
JPMorgan Chase Commercial Mortgage Securities Corp., FRN, 6.061%, 2051	155,000	49,699
Merrill Lynch Mortgage Trust, FRN, 5.826%, 2050	155,000	43,803
Merrill Lynch/Countrywide Commercial Mortgage Trust, FRN, 5.746%, 2050	125,000	85,316
Wachovia Bank Commercial Mortgage Trust, FRN, 5.692%, 2047	250,000	47,398
Wachovia Bank Commercial Mortgage Trust, FRN, 5.752%, 2047	175,000	28,988
		\$ 1,221,847
Automotive 3.3%		
Allison Transmission, Inc., 11%, 2015 (n)	\$ 270,000	\$ 280,125
Ford Motor Credit Co. LLC, 12%, 2015	1,110,000	1,267,980
Goodyear Tire & Rubber Co., 8.625%, 2011	107,000	111,012
Goodyear Tire & Rubber Co., 9%, 2015	194,000	200,062
Goodyear Tire & Rubber Co., 10.5%, 2016	65,000	70,037
		\$ 1,929,216
Basic Industry 0.2%		

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TriMas Corp., 9.75%, 2017 (n)	\$ 125,000	\$ 125,625
Broadcasting 6.0%		
Allbritton Communications Co., 7.75%, 2012	\$ 265,000	\$ 262,681
Bonten Media Acquisition Co., 9%, 2015 (p)(z)	153,982	50,442
Inmarsat Finance PLC, 7.375%, 2017 (n)	130,000	133,250
Intelsat Jackson Holdings Ltd., 9.5%, 2016	540,000	567,000
Lamar Media Corp., 6.625%, 2015	260,000	248,300
Lamar Media Corp., C, 6.625%, 2015	165,000	154,275
LBI Media, Inc., 8.5%, 2017 (z)	150,000	126,750
LIN TV Corp., 6.5%, 2013	355,000	336,362
Local TV Finance LLC, 10%, 2015 (p)(z)	463,050	253,906
Newport Television LLC, 13%, 2017 (n)(p)	352,468	181,815
Nexstar Broadcasting Group, Inc., 0.5% to 2011, 7% to 2014 (n)(p)	292,534	229,444
Nexstar Broadcasting Group, Inc., 7%, 2014	96,000	75,360
Salem Communications Corp., 9.625%, 2016 (n)	80,000	82,600
Sinclair Broadcast Group, Inc., 9.25%, 2017 (n)	125,000	129,688

MFS Intermediate High Income Fund**PORTFOLIO OF INVESTMENTS (Unaudited) 2/28/10 - continued**

Issuer	Shares/Par	Value (\$)
Bonds continued		
Broadcasting continued		
Univision Communications, Inc., 12%, 2014 (n)	\$ 95,000	\$ 102,838
Univision Communications, Inc., 9.75%, 2015 (n)(p)	657,812	549,931
Young Broadcasting, Inc., 8.75%, 2014 (d)	120,000	840
		\$ 3,485,482
Brokerage & Asset Managers 0.8%		
Janus Capital Group, Inc., 6.7%, 2017	\$ 275,000	\$ 271,275
Nuveen Investments, Inc., 10.5%, 2015	185,000	167,425
		\$ 438,700
Building 2.9%		
Associated Materials, Inc., 11.25%, 2014	\$ 270,000	\$ 267,300
Building Materials Holding Corp., 7%, 2020 (z)	155,000	155,000
CEMEX Finance Europe B.V., 9.625%, 2017 (n)	EUR 150,000	204,758
Nortek, Inc., 11%, 2013	\$ 381,688	400,772
Owens Corning, 9%, 2019	330,000	381,286
Ply Gem Industries, Inc., 11.75%, 2013	115,000	116,725
Ply Gem Industries, Inc., 13.125%, 2014 (z)	185,000	185,925
		\$ 1,711,766
Business Services 3.3%		
First Data Corp., 9.875%, 2015	\$ 610,000	\$ 527,650
First Data Corp., 11.25%, 2016	255,000	209,100
Iron Mountain, Inc., 6.625%, 2016	185,000	182,225
Iron Mountain, Inc., 8.375%, 2021	135,000	138,544
SunGard Data Systems, Inc., 9.125%, 2013	365,000	373,669
SunGard Data Systems, Inc., 10.25%, 2015	377,000	391,137
Terremark Worldwide, Inc., 12%, 2017 (n)	95,000	104,263
		\$ 1,926,588
Cable TV 3.9%		
Cablevision Systems Corp., 8%, 2012	\$ 325,000	\$ 342,469
Cablevision Systems Corp., 8.625%, 2017 (z)	70,000	72,100
CCO Holdings LLC, 8.75%, 2013	525,000	532,875
Charter Communications, Inc., 10.875%, 2014 (n)	260,000	289,575
CSC Holdings, Inc., 8.5%, 2014 (n)	255,000	268,069
Mediacom LLC, 9.125%, 2019 (n)	255,000	256,275
Videotron LTEE, 6.875%, 2014	110,000	110,412
Virgin Media Finance PLC, 8.75%, 2014	38,000	38,855
Virgin Media Finance PLC, 8.75%, 2014	EUR 33,628	47,163
Virgin Media Finance PLC, 9.125%, 2016	\$ 100,000	103,250
Virgin Media Finance PLC, 9.5%, 2016	200,000	212,000
		\$ 2,273,043

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Chemicals 4.4%

Ashland, Inc., 9.125%, 2017 (n)	\$	435,000	\$	476,325
Hexion Finance Escrow LLC, 8.875%, 2018 (n)		290,000		271,150
Hexion Specialty Chemicals, Inc., 9.75%, 2014		160,000		151,200
Huntsman International LLC, 6.875%, 2013 (n)	EUR	200,000		253,948
Huntsman International LLC, 5.5%, 2016 (n)	\$	125,000		110,000
Innophos Holdings, Inc., 8.875%, 2014		465,000		477,787
Lumena Resources Corp., 12%, 2014 (n)		152,000		129,250
Momentive Performance Materials, Inc., 12.5%, 2014 (n)		455,000		500,500
Momentive Performance Materials, Inc., 11.5%, 2016		109,000		88,699
Nalco Co., 8.875%, 2013		130,000		133,250
				\$ 2,592,109

Computer Software - Systems 0.5%

DuPont Fabros Technology, Inc., 8.5%, 2017 (n)	\$	285,000	\$	289,275
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MFS Intermediate High Income Fund

PORTFOLIO OF INVESTMENTS (Unaudited) 2/28/10 - continued

Issuer	Shares/Par	Value (\$)
Bonds continued		
Consumer Products 1.2%		
ACCO Brands Corp., 10.625%, 2015 (n)	\$ 30,000	\$ 32,610
ACCO Brands Corp., 7.625%, 2015	80,000	73,400
Central Garden & Pet Co., 8.25%, 2018	150,000	151,313
Jarden Corp., 7.5%, 2017	215,000	216,075
Libbey Glass, Inc., 10%, 2015 (z)	115,000	119,025
Visant Holding Corp., 8.75%, 2013	125,000	126,875
		\$ 719,298
Consumer Services 2.7%		
Corrections Corp. of America, 7.75%, 2017	\$ 50,000	\$ 51,250
KAR Holdings, Inc., 10%, 2015	340,000	354,450
KAR Holdings, Inc., FRN, 4.248%, 2014	100,000	92,500
Service Corp. International, 7.375%, 2014	50,000	50,875
Service Corp. International, 7%, 2017	785,000	769,300
Ticketmaster Entertainment, Inc., 10.75%, 2016	215,000	236,500
		\$ 1,554,875
Containers 1.9%		
Crown Americas LLC, 7.625%, 2013	\$ 86,000	\$ 88,580
Graham Packaging Holdings Co., 9.875%, 2014	400,000	408,000
Greif, Inc., 6.75%, 2017	350,000	344,750
Owens-Brockway Glass Container, Inc., 8.25%, 2013	65,000	65,975
Owens-Illinois, Inc., 7.375%, 2016	95,000	98,088
Reynolds Group, 7.75%, 2016 (n)	105,000	106,313
		\$ 1,111,706
Defense Electronics 0.5%		
L-3 Communications Corp., 6.375%, 2015	\$ 310,000	\$ 315,037
Electronics 1.2%		
Flextronics International Ltd., 6.25%, 2014	\$ 144,000	\$ 143,640
Freescale Semiconductor, Inc., 8.875%, 2014	325,000	288,437
Freescale Semiconductor, Inc., 10.125%, 2018 (z)	105,000	106,050
Jabil Circuit, Inc., 7.75%, 2016	160,000	165,600
		\$ 703,727
Energy - Independent 7.3%		
Berry Petroleum Co., 10.25%, 2014	\$ 150,000	\$ 163,125
Chaparral Energy, Inc., 8.875%, 2017	220,000	179,850
Chesapeake Energy Corp., 7%, 2014	114,000	114,000
Chesapeake Energy Corp., 9.5%, 2015	90,000	97,875
Chesapeake Energy Corp., 6.375%, 2015	230,000	222,525
Forest Oil Corp., 8.5%, 2014	60,000	61,950
Forest Oil Corp., 7.25%, 2019	165,000	161,700
Hilcorp Energy I LP, 9%, 2016 (n)	280,000	283,500

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Mariner Energy, Inc., 8%, 2017	300,000	286,500
McMoRan Exploration Co., 11.875%, 2014	130,000	139,100
Newfield Exploration Co., 6.625%, 2014	155,000	157,325
OPTI Canada, Inc., 8.25%, 2014	205,000	182,450
Penn Virginia Corp., 10.375%, 2016	280,000	302,400
Petrohawk Energy Corp., 10.5%, 2014	140,000	151,900
Pioneer Natural Resources Co., 6.875%, 2018	175,000	172,114
Pioneer Natural Resources Co., 7.5%, 2020	200,000	200,760
Plains Exploration & Production Co., 7%, 2017	350,000	342,125
Quicksilver Resources, Inc., 8.25%, 2015	285,000	287,850
Range Resources Corp., 8%, 2019	170,000	178,075
SandRidge Energy, Inc., 9.875%, 2016 (n)	75,000	77,438
SandRidge Energy, Inc., 8%, 2018 (n)	320,000	306,400

MFS Intermediate High Income Fund**PORTFOLIO OF INVESTMENTS (Unaudited) 2/28/10 - continued**

Issuer	Shares/Par	Value (\$)
Bonds continued		
Energy - Independent continued		
Southwestern Energy Co., 7.5%, 2018	\$ 175,000	\$ 184,625
		\$ 4,253,587
Entertainment 1.7%		
AMC Entertainment, Inc., 11%, 2016	\$ 325,000	\$ 348,562
AMC Entertainment, Inc., 8.75%, 2019	250,000	258,125
Cinemark USA, Inc., 8.625%, 2019	380,000	395,200
		\$ 1,001,887
Financial Institutions 4.0%		
CIT Group, Inc., 7%, 2014	\$ 125,000	\$ 114,375
CIT Group, Inc., 7%, 2017	625,000	552,344
Credit Acceptance Corp., 9.125%, 2017 (z)	135,000	134,325
GMAC, Inc., 7%, 2012	105,000	104,475
GMAC, Inc., 6.75%, 2014	370,000	353,350
GMAC, Inc., 8%, 2031	574,000	529,515
International Lease Finance Corp., 5.625%, 2013	610,000	520,335
		\$ 2,308,719
Food & Beverages 2.5%		
ARAMARK Corp., 8.5%, 2015	\$ 430,000	\$ 434,300
Dean Foods Co., 7%, 2016	250,000	237,500
Del Monte Foods Co., 6.75%, 2015	335,000	341,700
Pinnacle Foods Finance LLC, 9.25%, 2015	330,000	334,950
TreeHouse Foods, Inc., 7.75%, 2018	135,000	138,544
		\$ 1,486,994
Forest & Paper Products 3.4%		
Abitibi-Consolidated, Inc., 8.375%, 2015 (d)	\$ 380,000	\$ 77,900
Bowater, Inc., 6.5%, 2013 (d)	500,000	145,000
Cascades, Inc., 7.75%, 2017 (n)	115,000	116,150
Cellu Tissue Holdings, Inc., 11.5%, 2014	235,000	260,263
Georgia-Pacific Corp., 7.125%, 2017 (n)	190,000	191,900
Georgia-Pacific Corp., 8%, 2024	425,000	443,062
Georgia-Pacific Corp., 7.25%, 2028	55,000	52,937
Graphic Packaging International Corp., 9.5%, 2013	165,000	168,300
Jefferson Smurfit Corp., 8.25%, 2012 (d)	70,000	57,750
JSG Funding PLC, 7.75%, 2015	10,000	9,700
Millar Western Forest Products Ltd., 7.75%, 2013	375,000	300,000
Smurfit Kappa Group PLC, 7.75%, 2019 (n)	EUR 120,000	162,581
		\$ 1,985,543
Gaming & Lodging 6.9%		
Ameristar Casinos, Inc., 9.25%, 2014	\$ 115,000	\$ 117,588

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Boyd Gaming Corp., 6.75%, 2014	140,000	119,175
Circus & Eldorado Joint Venture, 10.125%, 2012	300,000	262,500
Firekeepers Development Authority, 13.875%, 2015 (n)	335,000	385,250
Fontainebleau Las Vegas Holdings LLC, 10.25%, 2015 (d)(n)	695,000	7,384
Gaylord Entertainment Co., 6.75%, 2014	220,000	206,800
Harrah s Operating Co., Inc., 11.25%, 2017	155,000	160,813
Harrah s Operating Co., Inc., 10%, 2018	164,000	123,820
Harrah s Operating Co., Inc., 10%, 2018	440,000	332,200
Host Hotels & Resorts, Inc., 6.75%, 2016	250,000	246,250
Host Hotels & Resorts, Inc., 9%, 2017 (n)	340,000	363,800
MGM Mirage, 10.375%, 2014 (n)	40,000	42,400
MGM Mirage, 7.5%, 2016	125,000	99,063
MGM Mirage, 11.125%, 2017 (n)	105,000	113,400
MGM Mirage, 11.375%, 2018 (n)	260,000	240,500
Penn National Gaming, Inc., 8.75%, 2019 (n)	185,000	183,150

MFS Intermediate High Income Fund**PORTFOLIO OF INVESTMENTS (Unaudited) 2/28/10 - continued**

Issuer	Shares/Par	Value (\$)
Bonds continued		
Gaming & Lodging continued		
Pinnacle Entertainment, Inc., 7.5%, 2015	\$ 145,000	\$ 119,988
Royal Caribbean Cruises Ltd., 7%, 2013	125,000	124,062
Royal Caribbean Cruises Ltd., 11.875%, 2015	185,000	209,513
Starwood Hotels & Resorts Worldwide, Inc., 6.75%, 2018	100,000	99,500
Station Casinos, Inc., 6%, 2012 (d)	245,000	35,525
Station Casinos, Inc., 6.875%, 2016 (d)	715,000	3,718
Station Casinos, Inc., 6.625%, 2018 (d)	875,000	4,550
Wyndham Worldwide Corp., 6%, 2016	460,000	446,635
		\$ 4,047,584
Industrial 1.7%		
Altra Holdings, Inc., 8.125%, 2016 (n)	\$ 115,000	\$ 117,875
Aquilex Corp., 11.125%, 2016 (n)	60,000	62,700
Baldor Electric Co., 8.625%, 2017	465,000	476,625
Great Lakes Dredge & Dock Corp., 7.75%, 2013	140,000	138,600
Johnsondiversey Holdings, Inc., 8.25%, 2019 (n)	160,000	164,800
Oshkosh Corp., 8.25%, 2017 (z)	30,000	30,000
Oshkosh Corp., 8.5%, 2020 (z)	30,000	30,000
		\$ 1,020,600
Insurance 1.2%		
ING Groep N.V., 5.775% to 2015, FRN to 2049	\$ 470,000	\$ 366,460
MetLife, Inc., 9.25% to 2038, FRN to 2068 (n)	300,000	333,000
		\$ 699,460
Insurance - Property & Casualty 2.3%		
Liberty Mutual Group, Inc., 10.75% to 2038, FRN to 2088 (n)	\$ 330,000	\$ 356,400
USI Holdings Corp., 9.75%, 2015 (z)	575,000	527,563
ZFS Finance USA Trust II, 6.45% to 2016, FRN to 2065 (z)	500,000	450,000
		\$ 1,333,963
Machinery & Tools 1.1%		
Case New Holland, Inc., 7.125%, 2014	\$ 335,000	\$ 335,000
Rental Service Corp., 9.5%, 2014	325,000	314,437
		\$ 649,437
Major Banks 2.0%		
Bank of America Corp., 8% to 2018, FRN to 2049	\$ 635,000	\$ 605,231
JPMorgan Chase & Co., 7.9% to 2018, FRN to 2049	470,000	485,891
Royal Bank of Scotland Group PLC, FRN, 7.648%, 2049	110,000	88,825
		\$ 1,179,947

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Medical & Health Technology & Services 9.9%		
Biomet, Inc., 10%, 2017	\$ 135,000	\$ 147,488
Biomet, Inc., 11.625%, 2017	405,000	447,525
Community Health Systems, Inc., 8.875%, 2015	435,000	450,225
Cooper Cos., Inc., 7.125%, 2015	120,000	118,200
DaVita, Inc., 7.25%, 2015	395,000	396,481
Fresenius Medical Care AG & Co. KGaA, 9%, 2015 (n)	165,000	182,325
HCA, Inc., 6.375%, 2015	285,000	267,900
HCA, Inc., 9.25%, 2016	1,025,000	1,087,781
HCA, Inc., 8.5%, 2019 (n)	160,000	171,600
HealthSouth Corp., 8.125%, 2020	260,000	253,500
Psychiatric Solutions, Inc., 7.75%, 2015	165,000	158,400
Tenet Healthcare Corp., 9.25%, 2015	425,000	431,375
U.S. Oncology, Inc., 10.75%, 2014	215,000	223,600
U.S. Oncology, Inc., FRN, 6.427%, 2012 (p)	306,000	276,796
United Surgical Partners International, Inc., 8.875%, 2017	50,000	51,125
United Surgical Partners International, Inc., 9.25%, 2017 (p)	80,000	82,400
Universal Hospital Services, Inc., 8.5%, 2015 (p)	400,000	388,000

MFS Intermediate High Income Fund**PORTFOLIO OF INVESTMENTS (Unaudited) 2/28/10 - continued**

Issuer	Shares/Par	Value (\$)
Bonds continued		
Medical & Health Technology & Services continued		
VWR Funding, Inc., 11.25%, 2015 (p)	\$ 602,062	\$ 638,186
		\$ 5,772,907
Metals & Mining 3.4%		
Arch Western Finance LLC, 6.75%, 2013	\$ 255,000	\$ 255,637
Cloud Peak Energy, Inc., 8.25%, 2017 (n)	140,000	139,650
Cloud Peak Energy, Inc., 8.5%, 2019 (n)	140,000	141,400
FMG Finance Ltd., 10.625%, 2016 (n)	190,000	211,850
Freeport-McMoRan Copper & Gold, Inc., 8.375%, 2017	730,000	792,050
Peabody Energy Corp., 7.375%, 2016	405,000	428,287
		\$ 1,968,874
Municipals 1.2%		
Cabazon Band of Mission Indians, CA, Mortgage Notes, 13%, 2011 (a)	\$ 575,000	\$ 380,144
Virginia Tobacco Settlement Financing Corp., A-1, 6.706%, 2046	410,000	299,804
		\$ 679,948
Natural Gas - Distribution 1.3%		
AmeriGas Partners LP, 7.125%, 2016	\$ 345,000	\$ 345,862
Inergy LP, 6.875%, 2014	450,000	438,750
		\$ 784,612
Natural Gas - Pipeline 3.0%		
Atlas Pipeline Partners LP, 8.125%, 2015	\$ 175,000	\$ 164,062
Atlas Pipeline Partners LP, 8.75%, 2018	250,000	233,750
Colorado Interstate Gas Co., 6.8%, 2015	91,000	102,664
Crosstex Energy, Inc., 8.875%, 2018 (z)	115,000	116,725
Deutsche Bank (El Paso Performance-Linked Trust, CLN), 7.75%, 2011 (n)	30,000	31,282
El Paso Corp., 6.875%, 2014	325,000	327,726
El Paso Corp., 8.25%, 2016	155,000	164,300
El Paso Corp., 7%, 2017	90,000	90,276
El Paso Corp., 7.75%, 2032	90,000	86,961
MarkWest Energy Partners LP, 6.875%, 2014	210,000	202,650
MarkWest Energy Partners LP, 8.75%, 2018	40,000	40,500
Williams Cos., Inc., 7.75%, 2031	159,000	183,129
		\$ 1,744,025
Network & Telecom 5.3%		
Cincinnati Bell, Inc., 8.375%, 2014	\$ 300,000	\$ 302,250
Cincinnati Bell, Inc., 7%, 2015	395,000	379,200
Citizens Communications Co., 7.875%, 2027	325,000	297,375
Citizens Communications Co., 9%, 2031	70,000	67,900
Nordic Telephone Co. Holdings, 8.25%, 2016 (n)	EUR 240,000	351,306
Orascom Telecom Finance S.C.A., 7.875%, 2014 (z)	\$ 225,000	198,000

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Qwest Communications International, Inc., 8%, 2015 (n)	105,000	108,675
Qwest Communications International, Inc., 7.125%, 2018 (n)	205,000	205,000
Qwest Communications International, Inc. B , 7.5%, 2014	250,000	252,500
Qwest Corp., 7.5%, 2014	145,000	154,425
Qwest Corp., 8.375%, 2016	105,000	114,975
Windstream Corp., 8.625%, 2016	675,000	686,812

\$ 3,118,418

Oil Services 1.2%

Allis-Chalmers Energy, Inc., 8.5%, 2017	\$ 160,000	\$ 136,400
Basic Energy Services, Inc., 7.125%, 2016	65,000	55,250
Expro Finance Luxembourg, 8.5%, 2016 (n)	200,000	199,000
McJunkin Red Man Holding Corp., 9.5%, 2016 (z)	210,000	210,525
Trico Shipping A.S., 11.875%, 2014 (n)	75,000	72,656

\$ 673,831

MFS Intermediate High Income Fund**PORTFOLIO OF INVESTMENTS (Unaudited) 2/28/10 - continued**

Issuer	Shares/Par	Value (\$)
Bonds continued		
Oils 0.2%		
Petroplus Holdings AG, 9.375%, 2019 (n)	\$ 105,000	\$ 92,400
Other Banks & Diversified Financials 0.6%		
Capital One Financial Corp., 10.25%, 2039	\$ 105,000	\$ 119,096
LBG Capital No.1 PLC, 7.875%, 2020 (z)	130,000	107,900
Santander UK PLC, 8.963% to 2030, FRN to 2049	95,000	99,275
		\$ 326,271
Precious Metals & Minerals 0.7%		
Teck Resources Ltd., 10.25%, 2016	\$ 45,000	\$ 53,663
Teck Resources Ltd., 10.75%, 2019	300,000	369,000
		\$ 422,663
Printing & Publishing 1.9%		
American Media Operations, Inc., 9%, 2013 (p)(z)	\$ 25,729	\$ 15,714
American Media Operations, Inc., 14%, 2013 (p)(z)	275,069	163,337
McClatchy Co., 11.5%, 2017 (z)	180,000	175,500
Morris Publishing, 7%, 2013 (d)	310,000	102,300
Nielsen Finance LLC, 10%, 2014	255,000	264,563
Nielsen Finance LLC, 11.5%, 2016	150,000	