

MFS INTERMEDIATE HIGH INCOME FUND
Form N-Q
October 22, 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: August 31, 2010

ITEM 1. SCHEDULE OF INVESTMENTS.

MFS Intermediate High Income Fund

PORTFOLIO OF INVESTMENTS (unaudited) 8/31/10

| Issuer | Shares/Par | Value (\$) |
|--|------------|--------------|
| Bonds 127.3% | | |
| Aerospace 1.8% | | |
| BE Aerospace, Inc., 8.5%, 2018 | \$ 315,002 | \$ 337,022 |
| Bombardier, Inc., 7.5%, 2018 (n) | 280,000 | 298,200 |
| Hawker Beechcraft Acquisition Co. LLC, 8.5%, 2015 | 406,000 | 311,605 |
| Oshkosh Corp., 8.25%, 2017 | 75,000 | 78,938 |
| Oshkosh Corp., 8.5%, 2020 | 85,000 | 90,313 |
| | | \$ 1,116,078 |
| Airlines 0.9% | | |
| American Airlines Pass-Through Trust, 7.377%, 2019 | \$ 122,682 | \$ 108,574 |
| Continental Airlines, Inc., 7.339%, 2014 | 132,761 | 130,770 |
| Delta Air Lines, Inc., 7.711%, 2011 | 330,000 | 338,250 |
| | | \$ 577,594 |
| Apparel Manufacturers 1.4% | | |
| Broder Brothers Co., 11.25%, 2010 | \$ 260,000 | \$ 254,800 |
| Hanesbrands, Inc., 8%, 2016 | 245,000 | 255,106 |
| Hanesbrands, Inc., FRN, 4.121%, 2014 | 220,000 | 209,000 |
| Phillips-Van Heusen Corp., 7.375%, 2020 | 120,000 | 123,600 |
| | | \$ 842,506 |
| Asset-Backed & Securitized 1.7% | | |
| Banc of America Commercial Mortgage, Inc., FRN, 6.415%, 2051 (z) | \$ 450,000 | \$ 130,382 |
| Citigroup Commercial Mortgage Trust, FRN, 5.886%, 2049 | 275,000 | 59,671 |
| JPMorgan Chase Commercial Mortgage Securities Corp., FRN, 5.936%, 2049 | 250,617 | 91,543 |
| JPMorgan Chase Commercial Mortgage Securities Corp., FRN, 5.936%, 2049 | 404,598 | 133,713 |
| JPMorgan Chase Commercial Mortgage Securities Corp., FRN, 5.936%, 2049 | 1,169,622 | 351,159 |
| JPMorgan Chase Commercial Mortgage Securities Corp., FRN, 6.259%, 2051 | 155,000 | 46,398 |
| Merrill Lynch Mortgage Trust, FRN, 6.019%, 2050 | 155,000 | 49,317 |
| Merrill Lynch/Countrywide Commercial Mortgage Trust, FRN, 5.902%, 2050 | 125,000 | 99,676 |
| Wachovia Bank Commercial Mortgage Trust, FRN, 5.887%, 2047 | 250,000 | 52,995 |
| Wachovia Bank Commercial Mortgage Trust, FRN, 5.947%, 2047 | 175,000 | 32,178 |
| | | \$ 1,047,032 |
| Automotive 3.7% | | |
| Accuride Corp., 9.5%, 2018 (n) | \$ 190,000 | \$ 194,750 |
| Allison Transmission, Inc., 11%, 2015 (n) | 235,000 | 252,625 |
| Ford Motor Credit Co. LLC, 12%, 2015 | 1,110,000 | 1,311,820 |
| General Motors Corp., 7.125%, 2013 (d) | 260,000 | 80,600 |
| Goodyear Tire & Rubber Co., 8.625%, 2011 | 107,000 | 111,815 |
| Goodyear Tire & Rubber Co., 9%, 2015 | 194,000 | 203,215 |
| Goodyear Tire & Rubber Co., 10.5%, 2016 | 65,000 | 72,150 |

Edgar Filing: MFS INTERMEDIATE HIGH INCOME FUND - Form N-Q

\$ 2,226,975

Basic Industry 0.4%

| | | |
|-------------------------------|------------|------------|
| TriMas Corp., 9.75%, 2017 (n) | \$ 215,000 | \$ 221,988 |
|-------------------------------|------------|------------|

Broadcasting 5.8%

| | | |
|---|------------|------------|
| Allbritton Communications Co., 8%, 2018 | \$ 130,000 | \$ 128,050 |
| Bonten Media Acquisition Co., 9%, 2015 (p)(z) | 134,221 | 74,504 |
| Entravision Communications Corp., 8.75%, 2017 (n) | 65,000 | 65,000 |
| Gray Television, Inc., 10.5%, 2015 | 90,000 | 86,625 |
| Inmarsat Finance PLC, 7.375%, 2017 (n) | 330,000 | 338,250 |
| Intelsat Jackson Holdings Ltd., 9.5%, 2016 | 695,000 | 741,044 |
| Lamar Media Corp., 6.625%, 2015 | 260,000 | 260,000 |
| Lamar Media Corp., C , 6.625%, 2015 | 165,000 | 163,350 |
| LBI Media, Inc., 8.5%, 2017 (z) | 150,000 | 126,000 |
| Local TV Finance LLC, 10%, 2015 (p)(z) | 207,852 | 177,367 |
| Newport Television LLC, 13%, 2017 (n)(p) | 179,700 | 142,337 |

MFS Intermediate High Income Fund

PORTFOLIO OF INVESTMENTS (unaudited) 8/31/10 - continued

| Issuer | Shares/Par | Value (\$) |
|---|-------------|--------------|
| Bonds continued | | |
| Broadcasting continued | | |
| Nexstar Broadcasting Group, Inc., 0.5% to 2011, 7% to 2014 (n)(p) | \$ 293,265 | \$ 269,608 |
| Nexstar Broadcasting Group, Inc., 7%, 2014 | 96,000 | 94,080 |
| Salem Communications Corp., 9.625%, 2016 | 75,000 | 78,094 |
| Sinclair Broadcast Group, Inc., 9.25%, 2017 (n) | 125,000 | 128,750 |
| SIRIUS XM Radio, Inc., 8.75%, 2015 (n) | 220,000 | 226,600 |
| Univision Communications, Inc., 12%, 2014 (n) | 95,000 | 102,956 |
| Univision Communications, Inc., 9.75%, 2015 (n)(p) | 392,347 | 333,887 |
| Young Broadcasting, Inc., 8.75%, 2014 (d) | 120,000 | 0 |
| | | \$ 3,536,502 |
| Brokerage & Asset Managers 1.2% | | |
| E*TRADE Financial Corp., 7.875%, 2015 | \$ 260,000 | \$ 245,700 |
| E*TRADE Financial Corp., 12.5%, 2017 | 70,000 | 78,050 |
| Janus Capital Group, Inc., 6.95%, 2017 | 275,000 | 279,572 |
| Nuveen Investments, Inc., 10.5%, 2015 | 150,000 | 142,500 |
| | | \$ 745,822 |
| Building 2.7% | | |
| Associated Materials, Inc., 11.25%, 2014 | \$ 270,000 | \$ 273,713 |
| Building Materials Holding Corp., 6.875%, 2018 (z) | 110,000 | 106,975 |
| Building Materials Holding Corp., 7%, 2020 (n) | 115,000 | 114,425 |
| CEMEX Finance Europe B.V., 9.625%, 2017 (n) | EUR 150,000 | 179,870 |
| Masco Corp., 7.125%, 2020 | \$ 110,000 | 111,474 |
| Nortek, Inc., 11%, 2013 | 381,688 | 402,204 |
| Owens Corning, 9%, 2019 | 150,000 | 178,880 |
| Ply Gem Industries, Inc., 11.75%, 2013 | 115,000 | 118,450 |
| Ply Gem Industries, Inc., 13.125%, 2014 | 185,000 | 185,463 |
| | | \$ 1,671,454 |
| Business Services 2.7% | | |
| First Data Corp., 9.875%, 2015 | \$ 315,000 | \$ 239,400 |
| Interactive Data Corp., 10.25%, 2018 (n) | 175,000 | 181,563 |
| Iron Mountain, Inc., 6.625%, 2016 | 185,000 | 185,000 |
| Iron Mountain, Inc., 8.375%, 2021 | 135,000 | 143,438 |
| SunGard Data Systems, Inc., 9.125%, 2013 | 365,000 | 372,756 |
| SunGard Data Systems, Inc., 10.25%, 2015 | 377,000 | 395,850 |
| Terremark Worldwide, Inc., 12%, 2017 | 95,000 | 107,350 |
| | | \$ 1,625,357 |
| Cable TV 4.4% | | |
| Cablevision Systems Corp., 8.625%, 2017 (n) | \$ 375,000 | \$ 408,750 |
| CCH II LLC, 13.5%, 2016 | 150,000 | 177,750 |

Edgar Filing: MFS INTERMEDIATE HIGH INCOME FUND - Form N-Q

| | | |
|--|---------|---------|
| Charter Communications Holding Co. LLC, 7.875%, 2018 (n) | 65,000 | 67,275 |
| Charter Communications Holding Co. LLC, 8.125%, 2020 (n) | 135,000 | 142,088 |
| Charter Communications, Inc., 10.875%, 2014 (n) | 260,000 | 291,200 |
| CSC Holdings LLC, 8.5%, 2014 | 255,000 | 278,588 |
| CSC Holdings LLC, 8.5%, 2015 | 90,000 | 97,650 |
| EchoStar Corp., 7.125%, 2016 | 350,000 | 357,875 |
| Insight Communications Co., Inc., 9.375%, 2018 (n) | 160,000 | 168,000 |
| Mediacom LLC, 9.125%, 2019 | 255,000 | 255,000 |
| Videotron LTEE, 6.875%, 2014 | 110,000 | 110,550 |
| Virgin Media Finance PLC, 9.125%, 2016 | 100,000 | 106,875 |
| Virgin Media Finance PLC, 9.5%, 2016 | 200,000 | 224,000 |

\$ 2,685,601

Chemicals 3.8%

| | | |
|-----------------------------|------------|------------|
| Ashland, Inc., 9.125%, 2017 | \$ 385,000 | \$ 439,863 |
|-----------------------------|------------|------------|

MFS Intermediate High Income Fund

PORTFOLIO OF INVESTMENTS (unaudited) 8/31/10 - continued

| Issuer | Shares/Par | Value (\$) |
|--|-------------|--------------|
| Bonds continued | | |
| Chemicals continued | | |
| Hexion Specialty Chemicals, Inc., 9.75%, 2014 | \$ 80,000 | \$ 78,600 |
| Hexion Specialty Chemicals, Inc., 8.875%, 2018 | 365,000 | 337,625 |
| Huntsman International LLC, 6.875%, 2013 (n) | EUR 200,000 | 249,648 |
| Lumena Resources Corp., 12%, 2014 (n) | \$ 152,000 | 140,220 |
| Lyondell Chemical Co., 11%, 2018 | 220,539 | 239,560 |
| Momentive Performance Materials, Inc., 12.5%, 2014 | 455,000 | 503,344 |
| Momentive Performance Materials, Inc., 11.5%, 2016 | 109,000 | 101,370 |
| Solutia, Inc., 7.875%, 2020 | 235,000 | 245,575 |
| | | \$ 2,335,805 |
| Computer Software - Systems 0.6% | | |
| DuPont Fabros Technology, Inc., 8.5%, 2017 | \$ 350,000 | \$ 370,125 |
| Conglomerates 0.3% | | |
| Amsted Industries, Inc., 8.125%, 2018 (z) | \$ 180,000 | \$ 185,625 |
| Consumer Products 1.4% | | |
| ACCO Brands Corp., 10.625%, 2015 | \$ 30,000 | \$ 33,000 |
| ACCO Brands Corp., 7.625%, 2015 | 80,000 | 76,400 |
| Central Garden & Pet Co., 8.25%, 2018 | 150,000 | 151,125 |
| Easton-Bell Sports, Inc., 9.75%, 2016 | 95,000 | 100,463 |
| Jarden Corp., 7.5%, 2017 | 215,000 | 219,031 |
| Libbey Glass, Inc., 10%, 2015 (n) | 145,000 | 154,063 |
| Visant Holding Corp., 8.75%, 2013 | 125,000 | 127,500 |
| | | \$ 861,582 |
| Consumer Services 2.5% | | |
| KAR Holdings, Inc., 10%, 2015 | \$ 340,000 | \$ 351,050 |
| KAR Holdings, Inc., FRN, 4.465%, 2014 | 100,000 | 92,500 |
| Service Corp. International, 7.375%, 2014 | 50,000 | 54,375 |
| Service Corp. International, 7%, 2017 | 785,000 | 812,475 |
| Ticketmaster Entertainment, Inc., 10.75%, 2016 | 215,000 | 228,975 |
| | | \$ 1,539,375 |
| Containers 1.6% | | |
| Graham Packaging Holdings Co., 9.875%, 2014 | \$ 400,000 | \$ 407,000 |
| Greif, Inc., 6.75%, 2017 | 350,000 | 353,500 |
| Owens-Illinois, Inc., 7.375%, 2016 | 110,000 | 118,250 |
| Reynolds Group, 7.75%, 2016 (n) | 105,000 | 105,788 |
| | | \$ 984,538 |
| Defense Electronics 0.9% | | |

Edgar Filing: MFS INTERMEDIATE HIGH INCOME FUND - Form N-Q

| | | |
|--|------------|------------|
| L-3 Communications Corp., 6.375%, 2015 | \$ 310,000 | \$ 317,363 |
| ManTech International Corp., 7.25%, 2018 | 120,000 | 122,400 |
| MOOG, Inc., 7.25%, 2018 | 90,000 | 90,900 |
| | | \$ 530,663 |

Electronics 1.3%

| | | |
|--|------------|------------|
| Freescall Semiconductor, Inc., 8.875%, 2014 | \$ 180,000 | \$ 166,950 |
| Freescall Semiconductor, Inc., 10.125%, 2018 (n) | 150,000 | 154,500 |
| Freescall Semiconductor, Inc., 9.25%, 2018 (n) | 160,000 | 160,400 |
| Jabil Circuit, Inc., 7.75%, 2016 | 160,000 | 172,400 |
| NXP B.V., 7.875%, 2014 | 165,000 | 165,825 |
| | | \$ 820,075 |

Energy - Independent 7.2%

| | | |
|--|------------|------------|
| Anadarko Petroleum Corp., 5.95%, 2016 | \$ 125,000 | \$ 123,800 |
| Anadarko Petroleum Corp., 6.375%, 2017 | 30,000 | 29,685 |
| Anadarko Petroleum Corp., 8.7%, 2019 | 35,000 | 38,490 |

MFS Intermediate High Income Fund

PORTFOLIO OF INVESTMENTS (unaudited) 8/31/10 - continued

| Issuer | Shares/Par | Value (\$) |
|---|------------|--------------|
| Bonds continued | | |
| Energy - Independent continued | | |
| Berry Petroleum Co., 10.25%, 2014 | \$ 150,000 | \$ 165,375 |
| Chaparral Energy, Inc., 8.875%, 2017 | 195,000 | 187,200 |
| Hilcorp Energy I LP, 9%, 2016 (n) | 280,000 | 291,200 |
| Newfield Exploration Co., 6.625%, 2014 | 155,000 | 158,488 |
| Newfield Exploration Co., 6.625%, 2016 | 90,000 | 93,150 |
| OPTI Canada, Inc., 9.75%, 2013 (z) | 65,000 | 64,188 |
| OPTI Canada, Inc., 8.25%, 2014 | 370,000 | 288,600 |
| Penn Virginia Corp., 10.375%, 2016 | 280,000 | 304,500 |
| Petrohawk Energy Corp., 10.5%, 2014 | 140,000 | 156,450 |
| Pioneer Natural Resources Co., 6.875%, 2018 | 175,000 | 182,867 |
| Pioneer Natural Resources Co., 7.5%, 2020 | 200,000 | 214,876 |
| Plains Exploration & Production Co., 7%, 2017 | 565,000 | 555,113 |
| QEP Resources, Inc., 6.875%, 2021 | 110,000 | 114,675 |
| Quicksilver Resources, Inc., 8.25%, 2015 | 230,000 | 234,600 |
| Quicksilver Resources, Inc., 9.125%, 2019 | 165,000 | 176,963 |
| Range Resources Corp., 8%, 2019 | 170,000 | 181,900 |
| Range Resources Corp., 6.75%, 2020 | 200,000 | 201,500 |
| SandRidge Energy, Inc., 8%, 2018 (n) | 290,000 | 272,600 |
| Southwestern Energy Co., 7.5%, 2018 | 175,000 | 197,313 |
| Williams Cos., Inc., 7.75%, 2031 | 159,000 | 184,775 |
| | | \$ 4,418,308 |
| Entertainment 1.6% | | |
| AMC Entertainment, Inc., 11%, 2016 | \$ 325,000 | \$ 343,688 |
| AMC Entertainment, Inc., 8.75%, 2019 | 250,000 | 258,125 |
| Cinemark USA, Inc., 8.625%, 2019 | 380,000 | 398,050 |
| | | \$ 999,863 |
| Financial Institutions 5.5% | | |
| CIT Group, Inc., 7%, 2014 | \$ 215,000 | \$ 209,356 |
| CIT Group, Inc., 7%, 2017 | 695,000 | 653,517 |
| CIT Group, Inc., 10.25%, 2017 | 585,000 | 604,744 |
| Credit Acceptance Corp., 9.125%, 2017 (z) | 135,000 | 139,894 |
| GMAC, Inc., 6.75%, 2014 | 370,000 | 367,225 |
| GMAC, Inc., 8%, 2031 | 514,000 | 506,290 |
| International Lease Finance Corp., 5.625%, 2013 | 315,000 | 295,706 |
| International Lease Finance Corp., 8.75%, 2017 (n) | 350,000 | 353,063 |
| International Lease Finance Corp., 7.125%, 2018 (z) | 46,000 | 47,035 |
| Nationstar Mortgage LLC, 10.875%, 2015 (z) | 215,000 | 177,375 |
| | | \$ 3,354,205 |
| Food & Beverages 3.4% | | |
| ARAMARK Corp., 8.5%, 2015 | \$ 430,000 | \$ 443,438 |
| B&G Foods, Inc., 7.625%, 2018 | 125,000 | 128,594 |

Edgar Filing: MFS INTERMEDIATE HIGH INCOME FUND - Form N-Q

| | | |
|--|---------|---------|
| CEDC Finance Corp. International, Inc., 9.125%, 2016 (n) | 210,000 | 215,250 |
| Constellation Brands, Inc., 7.25%, 2016 | 180,000 | 188,550 |
| Del Monte Foods Co., 6.75%, 2015 | 335,000 | 344,631 |
| Pinnacle Foods Finance LLC, 9.25%, 2015 | 330,000 | 338,663 |
| Smithfield Foods, Inc., 7.75%, 2017 | 90,000 | 87,525 |
| TreeHouse Foods, Inc., 7.75%, 2018 | 290,000 | 306,675 |

\$ 2,053,326

Forest & Paper Products 3.8%

| | | |
|-------------------------------|------------|------------|
| Boise, Inc., 8%, 2020 | \$ 225,000 | \$ 228,938 |
| Bowater, Inc., 6.5%, 2013 (d) | 500,000 | 153,125 |
| Cascades, Inc., 7.75%, 2017 | 205,000 | 211,150 |

MFS Intermediate High Income Fund

PORTFOLIO OF INVESTMENTS (unaudited) 8/31/10 - continued

| Issuer | Shares/Par | Value (\$) |
|---|-------------|--------------|
| Bonds continued | | |
| Forest & Paper Products continued | | |
| Cellu Tissue Holdings, Inc., 11.5%, 2014 | \$ 235,000 | \$ 254,681 |
| Georgia-Pacific Corp., 7.125%, 2017 (n) | 190,000 | 200,450 |
| Georgia-Pacific Corp., 8%, 2024 | 425,000 | 467,500 |
| Georgia-Pacific Corp., 7.25%, 2028 | 55,000 | 55,550 |
| Graphic Packaging International Corp., 9.5%, 2013 | 137,000 | 139,398 |
| JSG Funding PLC, 7.75%, 2015 | 10,000 | 10,000 |
| Millar Western Forest Products Ltd., 7.75%, 2013 | 375,000 | 323,438 |
| Sappi Papier Holding GmbH, 6.75%, 2012 (z) | 90,000 | 90,450 |
| Smurfit Kappa Group PLC, 7.75%, 2019 (n) | EUR 120,000 | 155,872 |
| | | \$ 2,290,552 |
| Gaming & Lodging 6.8% | | |
| Ameristar Casinos, Inc., 9.25%, 2014 | \$ 85,000 | \$ 90,100 |
| Circus & Eldorado Joint Venture, 10.125%, 2012 | 300,000 | 279,750 |
| FelCor Lodging Trust, Inc., 10%, 2014 | 70,000 | 74,725 |
| Firekeepers Development Authority, 13.875%, 2015 (n) | 335,000 | 388,600 |
| Fontainebleau Las Vegas Holdings LLC, 10.25%, 2015 (n)(d) | 695,000 | 1,807 |
| Gaylord Entertainment Co., 6.75%, 2014 | 305,000 | 292,800 |
| GWR Operating Partnership LLP, 10.875%, 2017 (n) | 220,000 | 218,350 |
| Harrah s Operating Co., Inc., 11.25%, 2017 | 255,000 | 272,850 |
| Harrah s Operating Co., Inc., 10%, 2018 | 340,000 | 265,200 |
| Harrah s Operating Co., Inc., 10%, 2018 | 164,000 | 127,920 |
| Host Hotels & Resorts, Inc., 6.75%, 2016 | 250,000 | 253,750 |
| Host Hotels & Resorts, Inc., 9%, 2017 | 340,000 | 374,000 |
| MGM Mirage, 10.375%, 2014 | 40,000 | 43,600 |
| MGM Mirage, 11.125%, 2017 | 105,000 | 117,338 |
| MGM Mirage, 11.375%, 2018 (n) | 150,000 | 135,750 |
| MGM Mirage, 9%, 2020 (n) | 170,000 | 176,375 |
| Penn National Gaming, Inc., 8.75%, 2019 | 185,000 | 193,325 |
| Pinnacle Entertainment, Inc., 7.5%, 2015 | 90,000 | 87,075 |
| Royal Caribbean Cruises Ltd., 7%, 2013 | 65,000 | 66,381 |
| Royal Caribbean Cruises Ltd., 11.875%, 2015 | 185,000 | 217,838 |
| Starwood Hotels & Resorts Worldwide, Inc., 6.75%, 2018 | 100,000 | 105,750 |
| Station Casinos, Inc., 6%, 2012 (d) | 245,000 | 637 |
| Station Casinos, Inc., 6.875%, 2016 (d) | 715,000 | 86 |
| Station Casinos, Inc., 6.625%, 2018 (d) | 875,000 | 2,188 |
| Wyndham Worldwide Corp., 6%, 2016 | 240,000 | 244,932 |
| Wynn Las Vegas LLC, 7.75%, 2020 (n) | 110,000 | 111,100 |
| | | \$ 4,142,227 |
| Industrial 1.8% | | |
| Altra Holdings, Inc., 8.125%, 2016 | \$ 115,000 | \$ 117,300 |
| Baldor Electric Co., 8.625%, 2017 | 465,000 | 491,738 |
| Diversey, Inc., 8.25%, 2019 | 160,000 | 165,600 |
| Great Lakes Dredge & Dock Corp., 7.75%, 2013 | 140,000 | 141,575 |

Edgar Filing: MFS INTERMEDIATE HIGH INCOME FUND - Form N-Q

| | | |
|---|------------|--------------|
| Hillman Cos., Inc., 10.875%, 2018 (n) | 140,000 | 147,175 |
| Mueller Water Products, Inc., 8.75%, 2020 (z) | 52,000 | 52,260 |
| | | \$ 1,115,648 |
| Insurance 2.6% | | |
| American International Group, Inc., 8.175% to 2038, FRN to 2058 | \$ 600,000 | \$ 514,500 |
| ING Groep N.V., 5.775% to 2015, FRN to 2049 | 470,000 | 386,575 |
| MetLife, Inc., 9.25% to 2038, FRN to 2068 (n) | 600,000 | 690,000 |
| | | \$ 1,591,075 |

MFS Intermediate High Income Fund

PORTFOLIO OF INVESTMENTS (unaudited) 8/31/10 - continued

| Issuer | Shares/Par | Value (\$) |
|--|------------|--------------|
| Bonds continued | | |
| Insurance - Property & Casualty 2.4% | | |
| Liberty Mutual Group, Inc., 10.75% to 2038, FRN to 2058 (n) | \$ 330,000 | \$ 367,125 |
| USI Holdings Corp., 9.75%, 2015 (z) | 575,000 | 547,688 |
| XL Group PLC, 6.5% to 2017, FRN to 2049 | 155,000 | 116,839 |
| ZFS Finance USA Trust II, 6.45% to 2016, FRN to 2065 (n) | 500,000 | 460,000 |
| | | \$ 1,491,652 |
| Machinery & Tools 1.1% | | |
| Case Corp., 7.25%, 2016 | \$ 90,000 | \$ 92,925 |
| Case New Holland, Inc., 7.875%, 2017 (n) | 315,000 | 331,538 |
| Rental Service Corp., 9.5%, 2014 | 220,000 | 224,400 |
| | | \$ 648,863 |
| Major Banks 2.4% | | |
| Bank of America Corp., 8% to 2018, FRN to 2049 | \$ 510,000 | \$ 520,251 |
| JPMorgan Chase & Co., 7.9% to 2018, FRN to 2049 | 595,000 | 625,773 |
| Royal Bank of Scotland Group PLC, 6.99% to 2017, FRN to 2049 (n) | 100,000 | 73,000 |
| Royal Bank of Scotland Group PLC, 7.648% to 2031, FRN to 2049 | 310,000 | 266,600 |
| | | \$ 1,485,624 |
| Medical & Health Technology & Services 9.8% | | |
| Biomet, Inc., 11.625%, 2017 | \$ 475,000 | \$ 522,500 |
| Capella Healthcare, Inc., 9.25%, 2017 (n) | 55,000 | 56,925 |
| Community Health Systems, Inc., 8.875%, 2015 | 435,000 | 451,313 |
| Cooper Cos., Inc., 7.125%, 2015 | 120,000 | 120,300 |
| DaVita, Inc., 7.25%, 2015 | 395,000 | 408,331 |
| Fresenius Medical Care AG & Co. KGaA, 9%, 2015 (n) | 165,000 | 184,800 |
| HCA, Inc., 9.25%, 2016 | 1,150,000 | 1,233,375 |
| HCA, Inc., 8.5%, 2019 | 160,000 | 175,400 |
| HealthSouth Corp., 8.125%, 2020 | 435,000 | 439,894 |
| Psychiatric Solutions, Inc., 7.75%, 2015 | 165,000 | 170,363 |
| Tenet Healthcare Corp., 9.25%, 2015 | 425,000 | 444,125 |
| Tenet Healthcare Corp., 8%, 2020 (z) | 90,000 | 87,300 |
| U.S. Oncology, Inc., 10.75%, 2014 | 165,000 | 170,363 |
| U.S. Oncology, Inc., FRN, 6.643%, 2012 (p) | 315,000 | 282,376 |
| United Surgical Partners International, Inc., 8.875%, 2017 | 95,000 | 97,375 |
| United Surgical Partners International, Inc., 9.25%, 2017 (p) | 125,000 | 128,281 |
| Universal Hospital Services, Inc., 8.5%, 2015 (p) | 400,000 | 402,000 |
| Vanguard Health Systems, Inc., 8%, 2018 | 195,000 | 191,344 |
| VWR Funding, Inc., 10.25%, 2015 (p) | 402,062 | 416,134 |
| | | \$ 5,982,499 |

Metals & Mining 2.7%

Edgar Filing: MFS INTERMEDIATE HIGH INCOME FUND - Form N-Q

| | | |
|--|------------|--------------|
| Arch Coal, Inc., 7.25%, 2020 | \$ 110,000 | \$ 111,650 |
| Arch Western Finance LLC, 6.75%, 2013 | 85,000 | 85,425 |
| Cloud Peak Energy, Inc., 8.25%, 2017 (n) | 165,000 | 170,569 |
| Cloud Peak Energy, Inc., 8.5%, 2019 (n) | 175,000 | 181,781 |
| CONSOL Energy, Inc., 8%, 2017 (n) | 170,000 | 179,350 |
| CONSOL Energy, Inc., 8.25%, 2020 (n) | 110,000 | 116,738 |
| FMG Finance Ltd., 10.625%, 2016 (n) | 190,000 | 220,163 |
| Peabody Energy Corp., 7.375%, 2016 | 350,000 | 381,500 |
| Teck Resources Ltd., 10.25%, 2016 | 26,000 | 31,428 |
| U.S. Steel Corp., 7.375%, 2020 | 170,000 | 172,125 |
| | | \$ 1,650,729 |

Municipals 0.5%

| | | |
|---|------------|------------|
| Virginia Tobacco Settlement Financing Corp., A-1 , 6.706%, 2046 | \$ 410,000 | \$ 278,989 |
|---|------------|------------|

MFS Intermediate High Income Fund

PORTFOLIO OF INVESTMENTS (unaudited) 8/31/10 - continued

| Issuer | Shares/Par | Value (\$) |
|--|-------------|--------------|
| Bonds continued | | |
| Natural Gas - Distribution 1.4% | | |
| AmeriGas Partners LP, 7.125%, 2016 | \$ 295,000 | \$ 302,744 |
| Ferrellgas Partners LP, 8.625%, 2020 | 180,000 | 185,850 |
| Inergy LP, 6.875%, 2014 | 335,000 | 336,675 |
| | | \$ 825,269 |
| Natural Gas - Pipeline 3.1% | | |
| Atlas Pipeline Partners LP, 8.125%, 2015 | \$ 55,000 | \$ 54,175 |
| Atlas Pipeline Partners LP, 8.75%, 2018 | 250,000 | 246,875 |
| Colorado Interstate Gas Co., 6.8%, 2015 | 91,000 | 107,573 |
| Crosstex Energy, Inc., 8.875%, 2018 | 220,000 | 227,150 |
| El Paso Corp., 6.875%, 2014 | 325,000 | 343,890 |
| El Paso Corp., 8.25%, 2016 | 155,000 | 168,950 |
| El Paso Corp., 7%, 2017 | 185,000 | 195,384 |
| El Paso Corp., 7.75%, 2032 | 90,000 | 90,596 |
| Enterprise Products Partners LP, FRN, 8.375%, 2066 | 109,000 | 112,270 |
| Enterprise Products Partners LP, FRN, 7.034%, 2068 | 67,000 | 64,906 |
| MarkWest Energy Partners LP, 6.875%, 2014 | 210,000 | 211,575 |
| MarkWest Energy Partners LP, 8.75%, 2018 | 40,000 | 42,800 |
| | | \$ 1,866,144 |
| Network & Telecom 5.5% | | |
| Cincinnati Bell, Inc., 7%, 2015 | \$ 395,000 | \$ 383,150 |
| Cincinnati Bell, Inc., 8.75%, 2018 | 270,000 | 257,850 |
| Citizens Communications Co., 7.875%, 2027 | 325,000 | 312,000 |
| Citizens Communications Co., 9%, 2031 | 70,000 | 71,225 |
| Frontier Communications Corp., 8.25%, 2017 | 65,000 | 68,738 |
| Frontier Communications Corp., 8.5%, 2020 | 55,000 | 58,369 |
| Nordic Telephone Co. Holdings, 8.25%, 2016 (n) | EUR 240,000 | 320,107 |
| Orascom Telecom Finance S.C.A., 7.875%, 2014 (z) | \$ 225,000 | 213,750 |
| Qwest Communications International, Inc., 8%, 2015 (n) | 105,000 | 112,875 |
| Qwest Communications International, Inc., 7.125%, 2018 (n) | 205,000 | 213,200 |
| Qwest Communications International, Inc. B, 7.5%, 2014 | 250,000 | 254,688 |
| Qwest Corp., 7.5%, 2014 | 145,000 | 161,494 |
| Qwest Corp., 8.375%, 2016 | 105,000 | 122,325 |
| Windstream Corp., 8.625%, 2016 | 715,000 | 738,238 |
| Windstream Corp., 8.125%, 2018 (n) | 45,000 | 45,788 |
| | | \$ 3,333,797 |
| Oil Services 1.3% | | |
| Allis-Chalmers Energy, Inc., 8.5%, 2017 | \$ 135,000 | \$ 135,675 |
| Basic Energy Services, Inc., 7.125%, 2016 | 65,000 | 58,175 |
| Edgen Murray Corp., 12.25%, 2015 (n) | 70,000 | 57,750 |
| Expro Finance Luxembourg, 8.5%, 2016 (n) | 200,000 | 187,000 |
| McJunkin Red Man Holding Corp., 9.5%, 2016 (n) | 210,000 | 185,325 |

Edgar Filing: MFS INTERMEDIATE HIGH INCOME FUND - Form N-Q

| | | |
|--|---------|------------|
| Pioneer Drilling Co., 9.875%, 2018 (n) | 165,000 | 165,000 |
| | | \$ 788,925 |

Oils 0.3%

| | | |
|---|------------|------------|
| Petroplus Holdings AG, 9.375%, 2019 (n) | \$ 205,000 | \$ 184,500 |
|---|------------|------------|

Other Banks & Diversified Financials 2.0%

| | | |
|--|------------|------------|
| Capital One Financial Corp., 10.25%, 2039 | \$ 220,000 | \$ 237,600 |
| Citigroup Capital XXI, 8.3% to 2037, FRN to 2057 | 325,000 | 337,188 |
| Groupe BPCE S.A., 12.5% to 2019, FRN to 2049 (n) | 125,000 | 139,611 |
| LBG Capital No. 1 PLC, 7.875%, 2020 (n) | 210,000 | 195,300 |
| Santander UK PLC, 8.963% to 2030, FRN to 2049 | 295,000 | 321,555 |

\$ 1,231,254

MFS Intermediate High Income Fund

PORTFOLIO OF INVESTMENTS (unaudited) 8/31/10 - continued

| Issuer | Shares/Par | Value (\$) |
|---|------------|--------------|
| Bonds continued | | |
| Printing & Publishing 2.0% | | |
| American Media Operations, Inc., 9%, 2013 (p)(z) | \$ 26,886 | \$ 26,584 |
| American Media Operations, Inc., 14%, 2013 (p)(z) | 294,705 | 184,477 |
| McClatchy Co., 11.5%, 2017 | 180,000 | 185,850 |
| Morris Publishing Group LLC, 10%, 2014 | 101,534 | 96,584 |
| Nielsen Finance LLC, 10%, 2014 | 340,000 | 357,000 |
| Nielsen Finance LLC, 11.5%, 2016 | 150,000 | 168,188 |
| Nielsen Finance LLC, 0% to 2011, 12.5% to 2016 | 175,000 | 173,469 |
| | | \$ 1,192,152 |
| Railroad & Shipping 0.5% | | |
| Kansas City Southern Railway, 8%, 2015 | \$ 310,000 | \$ 330,925 |
| Real Estate 0.8% | | |
| CB Richard Ellis Group, Inc., 11.625%, 2017 | \$ 180,000 | \$ 204,300 |
| Developers Diversified Realty Corp., REIT, 7.875%, 2020 | 125,000 | 127,179 |
| Entertainment Properties Trust, REIT, 7.75%, 2020 (n) | 150,000 | 147,750 |
| | | \$ 479,229 |
| Retailers 4.5% | | |
| Couche-Tard, Inc., 7.5%, 2013 | \$ 70,000 | \$ 71,138 |
| Dollar General Corp., 11.875%, 2017 (p) | 83,000 | 95,658 |
| Express Parent LLC, 8.75%, 2018 (n) | 110,000 | 113,850 |
| General Nutrition Centers, Inc., FRN, 5.75%, 2014 (p) | 205,000 | 196,031 |
| Limited Brands, Inc., 6.9%, 2017 | 125,000 | 129,375 |
| Limited Brands, Inc., 6.95%, 2033 | 175,000 | 157,938 |
| Macy's, Inc., 5.75%, 2014 | 240,000 | 246,600 |
| Macy's, Inc., 5.9%, 2016 | 215,000 | 221,450 |
| Neiman Marcus Group, Inc., 10.375%, 2015 | 300,000 | 305,250 |
| QVC, Inc., 7.375%, 2020 (n) | 225,000 | 228,375 |
| Sally Beauty Holdings, Inc., 10.5%, 2016 | 275,000 | 298,375 |
| Toys R Us, Inc., 10.75%, 2017 | 280,000 | 315,700 |
| Toys R Us, Inc., 8.5%, 2017 (n) | 330,000 | 343,200 |
| | | \$ 2,722,940 |
| Specialty Chemicals 0.2% | | |
| INVISTA, 9.25%, 2012 (n) | \$ 137,000 | \$ 138,541 |
| Specialty Stores 0.6% | | |
| Michaels Stores, Inc., 11.375%, 2016 | \$ 105,000 | \$ 112,613 |
| Payless ShoeSource, Inc., 8.25%, 2013 | 262,000 | 265,930 |
| | | \$ 378,543 |

Edgar Filing: MFS INTERMEDIATE HIGH INCOME FUND - Form N-Q

| Telecommunications - Wireless 5.9% | | |
|---|------------|------------|
| Clearwire Corp., 12%, 2015 (n) | \$ 425,000 | \$ 425,000 |
| Cricket Communications, Inc., 7.75%, 2016 | 135,000 | 139,388 |
| Crown Castle International Corp., 9%, 2015 | 215,000 | 233,275 |
| Crown Castle International Corp., 7.75%, 2017 (n) | 105,000 | 114,450 |
| Crown Castle International Corp., 7.125%, 2019 | 210,000 | 217,875 |
| Digicel Group Ltd., 8.25%, 2017 (n) | 235,000 | 244,106 |
| Digicel Group Ltd., 10.5%, 2018 (n) | 100,000 | 107,250 |
| MetroPCS Wireless, Inc., 9.25%, 2014 | 90,000 | 93,600 |
| Nextel Communications, Inc., 6.875%, 2013 | 135,000 | 134,663 |
| NII Holdings, Inc., 10%, 2016 | 160,000 | 179,400 |
| NII Holdings, Inc., 8.875%, 2019 | 100,000 | 108,000 |
| SBA Communications Corp., 8%, 2016 | 80,000 | 85,300 |
| SBA Communications Corp., 8.25%, 2019 | 125,000 | 135,625 |
| Sprint Capital Corp., 6.875%, 2028 | 90,000 | 75,150 |
| Sprint Nextel Corp., 8.375%, 2017 | 345,000 | 356,213 |

MFS Intermediate High Income Fund

PORTFOLIO OF INVESTMENTS (unaudited) 8/31/10 - continued

| Issuer | Shares/Par | Value (\$) |
|---|------------|----------------------|
| Bonds continued | | |
| Telecommunications - Wireless continued | | |
| Sprint Nextel Corp., 8.75%, 2032 | \$ 400,000 | \$ 385,500 |
| Wind Acquisition Finance S.A., 12%, 2015 (n) | 515,000 | 543,325 |
| | | \$ 3,578,120 |
| Telephone Services 0.6% | | |
| Embarq Corp., 7.995%, 2036 | \$ 160,000 | \$ 165,498 |
| Frontier Communications Corp., 8.125%, 2018 | 195,000 | 206,700 |
| | | \$ 372,198 |
| Tobacco 0.9% | | |
| Alliance One International, Inc., 10%, 2016 | \$ 115,000 | \$ 120,463 |
| Reynolds American, Inc., 7.625%, 2016 | 345,000 | 404,806 |
| | | \$ 525,269 |
| Transportation - Services 1.7% | | |
| American Petroleum Tankers LLC, 10.25%, 2015 (z) | \$ 95,000 | \$ 96,188 |
| Commercial Barge Line Co., 12.5%, 2017 | 285,000 | 307,800 |
| Hertz Corp., 8.875%, 2014 | 595,000 | 611,363 |
| | | \$ 1,015,351 |
| Utilities - Electric Power 5.3% | | |
| AES Corp., 8%, 2017 | \$ 505,000 | \$ 531,513 |
| Calpine Corp., 8%, 2016 (n) | 415,000 | 435,750 |
| Calpine Corp., 7.875%, 2020 (n) | 95,000 | 95,238 |
| Dynegy Holdings, Inc., 7.125%, 2018 | 540,000 | 345,600 |
| Dynegy Holdings, Inc., 7.75%, 2019 | 90,000 | 58,050 |
| Edison Mission Energy, 7%, 2017 | 410,000 | 279,825 |
| Energy Future Holdings Corp., 10%, 2020 (n) | 270,000 | 260,011 |
| Mirant North America LLC, 7.375%, 2013 | 340,000 | 347,650 |
| NRG Energy, Inc., 7.375%, 2016 | 350,000 | 352,625 |
| NRG Energy, Inc., 7.375%, 2017 | 245,000 | 246,838 |
| Texas Competitive Electric Holdings LLC, 10.25%, 2015 | 415,000 | 264,563 |
| | | \$ 3,217,663 |
| Total Bonds | | \$ 77,609,077 |
| Floating Rate Loans (g)(r) 2.7% | | |
| Aerospace 0.1% | | |
| Hawker Beechcraft Acquisition Co. LLC, Term Loan, 10.5%, 2014 | \$ 107,546 | \$ 106,404 |
| Automotive 1.1% | | |

Edgar Filing: MFS INTERMEDIATE HIGH INCOME FUND - Form N-Q

| | | |
|--|------------|------------|
| Ford Motor Co., Term Loan B, 3.03%, 2013 | \$ 682,786 | \$ 656,798 |
|--|------------|------------|

Broadcasting 0.3%

| | | |
|---|-----------|------------|
| Gray Television, Inc., Term Loan B, 3.8%, 2014 | \$ 67,875 | \$ 64,045 |
| Local TV Finance LLC, Term Loan B, 2.27%, 2013 | 15,470 | 13,755 |
| New Young Broadcasting Holding Co., Inc., Term Loan, 8%, 2015 | 92,724 | 90,870 |
| | | \$ 168,670 |

Consumer Services 0.1%

| | | |
|--|-----------|-----------|
| Realogy Corp., Letter of Credit, 3.35%, 2013 | \$ 14,244 | \$ 12,291 |
| Realogy Corp., Term Loan, 3.29%, 2013 | 83,094 | 71,698 |
| | | \$ 83,989 |

Financial Institutions 0.1%

| | | |
|--|-----------|-----------|
| American General Financial Corp., Term Loan B, 7.25%, 2015 | \$ 32,250 | \$ 31,867 |
|--|-----------|-----------|

Gaming & Lodging 0.2%

| | | |
|--|------------|------------|
| Green Valley Ranch Gaming LLC, Second Lien Term Loan, 3.5%, 2014 (d) | \$ 525,000 | \$ 13,125 |
| MGM Mirage, Term Loan, 7%, 2014 | 128,389 | 109,148 |
| | | \$ 122,273 |

MFS Intermediate High Income Fund

PORTFOLIO OF INVESTMENTS (unaudited) 8/31/10 - continued

| Issuer | Shares/Par | Value (\$) |
|---|------------|---------------------|
| Floating Rate Loans (g)(r) continued | | |
| Printing & Publishing 0.2% | | |
| Tribune Co., Incremental Term Loan B, 5.25%, 2014 (d) | \$ 258,166 | \$ 136,263 |
| Utilities - Electric Power 0.6% | | |
| Texas Competitive Electric Holdings Co. LLC, Term Loan B-2, 3.94%, 2014 (o) | \$ 281,213 | \$ 213,054 |
| Texas Competitive Electric Holdings Co. LLC, Term Loan B-3, 3.79%, 2014 | 215,906 | 162,739 |
| | | \$ 375,793 |
| Total Floating Rate Loans | | \$ 1,682,057 |
| Common Stocks 0.8% | | |
| Automotive 0.1% | | |
| Accuride Corp. (a) | 35,636 | \$ 39,200 |
| Broadcasting 0.1% | | |
| Dex One Corp. (a) | 2,252 | \$ 19,187 |
| New Young Broadcasting Holding Co., Inc. (a) | 42 | 83,708 |
| Supermedia, Inc. (a) | 250 | 2,260 |
| | | \$ 105,155 |
| Chemicals 0.2% | | |
| LyondellBasell Industries N.V., A (a) | 1,536 | \$ 31,488 |
| LyondellBasell Industries N.V., B (a) | 6,110 | 125,194 |
| | | \$ 156,682 |
| Construction 0.2% | | |
| Nortek, Inc. (a) | 2,805 | \$ 116,408 |
| Gaming & Lodging 0.1% | | |
| Ameristar Casinos, Inc. | 2,100 | \$ 34,461 |
| Printing & Publishing 0.1% | | |
| American Media, Inc. (a) | 4,713 | \$ 28,841 |
| Quad/Graphics, Inc. (a) | 357 | 15,062 |
| | | \$ 43,903 |
| Special Products & Services 0.0% | | |
| Mark IV Industries LLC, Common Units, A (a) | 207 | \$ 8,073 |
| Trucking 0.0% | | |
| Quality Distribution, Inc. (a) | 2,687 | \$ 12,548 |

Edgar Filing: MFS INTERMEDIATE HIGH INCOME FUND - Form N-Q

Total Common Stocks \$ 516,430

Convertible Bonds 0.2%

Automotive 0.2%

Accuride Corp., 7.5%, 2020 \$ 38,818 \$ 100,279

| | Strike Price | First Exercise | | |
|--|--------------|----------------|-----|------------|
| Warrants 0.4% | | | | |
| Broadcasting 0.4% | | | | |
| New Young Broadcasting Holding Co., Inc. (1 share for 1 warrant) (a) | \$ 0.01 | 7/14/10 | 113 | \$ 225,214 |

Rights 0.0%

Forest & Paper Products 0.0%

| | | | | |
|--|---------|--------|--------|------|
| Abitibi-Consolidated, Inc. (1 share for 1 right) (a) | \$ 1.00 | 8/9/10 | 17,118 | \$ 0 |
| Bowater, Inc. (1 share for 1 right) (a) | \$ 1.00 | 8/9/10 | 41,353 | 0 |

Total Rights \$ 0

| Issuer/Expiration Date/Strike Price | Number of Contracts | Value (\$) |
|--|---------------------|------------|
| Call Options Purchased 0.0% | | |
| S&P 500 Index - December 2010 @ \$ 1,200 | 11 | \$ 5,940 |

MFS Intermediate High Income Fund

PORTFOLIO OF INVESTMENTS (unaudited) 8/31/10 - continued

| Issuer | Shares/Par | Value (\$) |
|---|------------|----------------------|
| Money Market Funds (v) 2.1% | | |
| MFS Institutional Money Market Portfolio, 0.24%, at Net Asset Value | 1,273,695 | \$ 1,273,695 |
| Total Investments | | \$ 81,412,692 |
| Other Assets, Less Liabilities (33.5)% | | (20,432,272) |
| Net Assets 100.0% | | \$ 60,980,420 |

- (a) Non-income producing security.
- (d) Non-income producing security - in default.
- (g) The rate shown represents a weighted average coupon rate on settled positions at period end, unless otherwise indicated.
- (n) Securities exempt from registration under Rule 144A of the Securities Act of 1933. These securities may be sold in the ordinary course of business in transactions exempt from registration, normally to qualified institutional buyers. At period end, the aggregate value of these securities was \$15,795,624, representing 25.9% of net assets.
- (o) All or a portion of this position has not settled. Upon settlement date, interest rates for unsettled amounts will be determined. The rate shown represents the weighted average coupon rate for settled amounts.
- (p) Payment-in-kind security.
- (r) Remaining maturities of floating rate loans may be less than stated maturities shown as a result of contractual or optional prepayments by the borrower. Such prepayments cannot be predicted with certainty. These loans may be subject to restrictions on resale. Floating rate loans generally have rates of interest which are determined periodically by reference to a base lending rate plus a premium.
- (v) Underlying fund that is available only to investment companies managed by MFS. The rate quoted is the annualized seven-day yield of the fund at period end.
- (z) Restricted securities are not registered under the Securities Act of 1933 and are subject to legal restrictions on resale. These securities generally may be resold in transactions exempt from registration or to the public if the securities are subsequently registered. Disposal of these securities may involve time-consuming negotiations and prompt sale at an acceptable price may be difficult. The fund holds the following restricted securities:

| Restricted Securities | Acquisition Date | Cost | Current Market Value |
|--|-------------------|-----------|----------------------|
| American Media Operations, Inc., 9%, 2013 | 1/29/09 - 4/15/10 | \$ 19,820 | \$ 26,584 |
| American Media Operations, Inc., 14%, 2013 | 1/29/09 - 5/01/10 | 192,797 | 184,477 |
| American Petroleum Tankers LLC, 10.25%, 2015 | 5/06/10 | 92,464 | 96,188 |
| Amsted Industries, Inc., 8.125%, 2018 | 7/12/10 - 8/03/10 | 185,378 | 185,625 |
| Banc of America Commercial Mortgage, Inc., FRN, 6.415%, 2051 | 6/19/08 | 327,563 | 130,382 |
| Bonten Media Acquisition Co., 9%, 2015 | 6/26/09 - 5/15/10 | 47,311 | 74,504 |
| Building Materials Holding Corp., 6.875%, 2018 | 8/09/10 | 108,351 | 106,975 |
| Credit Acceptance Corp., 9.125%, 2017 | 1/25/10 | 131,824 | 139,894 |
| International Lease Finance Corp., 7.125%, 2018 | 8/11/10 - 8/12/10 | 46,099 | 47,035 |
| LBI Media, Inc., 8.5%, 2017 | 7/18/07 | 148,081 | 126,000 |
| Local TV Finance LLC, 10%, 2015 | 5/02/07 | 210,823 | 177,367 |
| Mueller Water Products, Inc., 8.75%, 2020 | 8/19/10 | 51,153 | 52,260 |
| Nationstar Mortgage LLC, 10.875%, 2015 | 3/23/10 - 8/06/10 | 199,187 | 177,375 |

Edgar Filing: MFS INTERMEDIATE HIGH INCOME FUND - Form N-Q

| | | | |
|--|-------------------|---------|---------------------|
| OPTI Canada, Inc., 9.75%, 2013 | 8/11/10 | 62,747 | 64,188 |
| Orascom Telecom Finance S.C.A., 7.875%, 2014 | 2/01/07 | 225,000 | 213,750 |
| Sappi Papier Holding GmbH, 6.75%, 2012 | 7/29/10 - 8/02/10 | 90,601 | 90,450 |
| Tenet Healthcare Corp., 8%, 2020 | 8/03/10 | 90,000 | 87,300 |
| USI Holdings Corp., 9.75%, 2015 | 4/26/07 - 9/13/07 | 556,074 | 547,688 |
| Total Restricted Securities | | | \$ 2,528,042 |
| % of Net Assets | | | 4.1% |

The following abbreviations are used in this report and are defined:

FRN Floating Rate Note. Interest rate resets periodically and may not be the rate reported at period end.

PLC Public Limited Company

REIT Real Estate Investment Trust

Abbreviations indicate amounts shown in currencies other than the U.S. dollar. All amounts are stated in U.S. dollars unless otherwise indicated.

A list of abbreviations is shown below:

EUR Euro

See attached supplemental information. For more information see notes to financial statements as disclosed in the most recent semiannual or annual report.

MFS Intermediate High Income Fund

Supplemental Information (Unaudited) 8/31/10

(1) Investment Valuations

Debt instruments and floating rate loans (other than short-term instruments), including restricted debt instruments, are generally valued at an evaluated or composite bid as provided by a third-party pricing service. Equity securities, including restricted equity securities, are generally valued at the last sale or official closing price as provided by a third-party pricing service on the market or exchange on which they are primarily traded. Equity securities, for which there were no sales reported that day, are generally valued at the last quoted daily bid quotation as provided by a third-party pricing service on the market or exchange on which such securities are primarily traded. Equity securities held short, for which there were no sales reported for that day, are generally valued at the last quoted daily ask quotation as provided by a third-party pricing service on the market or exchange on which such securities are primarily traded. Short-term instruments with a maturity at issuance of 60 days or less generally are valued at amortized cost, which approximates market value. Exchange-traded options are generally valued at the last sale or official closing price as provided by a third-party pricing service on the exchange on which such options are primarily traded. Exchange-traded options for which there were no sales reported that day are generally valued at the last daily bid quotation as provided by a third-party pricing service on the exchange on which such options are primarily traded. Options not traded on an exchange are generally valued at a broker/dealer bid quotation. Foreign currency options are generally valued at valuations provided by a third-party pricing service. Forward foreign currency contracts are generally valued at the mean of bid and asked prices for the time period interpolated from rates provided by a third-party pricing service for proximate time periods. Open-end investment companies are generally valued at net asset value per share. Securities and other assets generally valued on the basis of information from a third-party pricing service may also be valued at a broker/dealer bid quotation. Values obtained from third-party pricing services can utilize both transaction data and market information such as yield, quality, coupon rate, maturity, type of issue, trading characteristics, and other market data. The values of foreign securities and other assets and liabilities expressed in foreign currencies are converted to U.S. dollars using the mean of bid and asked prices for rates provided by a third-party pricing service.

The Board of Trustees has delegated primary responsibility for determining or causing to be determined the value of the fund's investments (including any fair valuation) to the adviser pursuant to valuation policies and procedures approved by the Board. If the adviser determines that reliable market quotations are not readily available, investments are valued at fair value as determined in good faith by the adviser in accordance with such procedures under the oversight of the Board of Trustees. Under the fund's valuation policies and procedures, market quotations are not considered to be readily available for most types of debt instruments and floating rate loans and many types of derivatives. These investments are generally valued at fair value based on information from third-party pricing services. In addition, investments may be valued at fair value if the adviser determines that an investment's value has been materially affected by events occurring after the close of the exchange or market on which the investment is principally traded (such as foreign exchange or market) and prior to the determination of the fund's net asset value, or after the halting of trading of a specific security where trading does not resume prior to the close of the exchange or market on which the security is principally traded. The adviser generally relies on third-party pricing services or other information (such as the correlation with price movements of similar securities in the same or other markets; the type, cost and investment characteristics of the security; the business and financial condition of the issuer; and trading and other market data) to assist in determining whether to fair value and at what value to fair value an investment. The value of an investment for purposes of calculating the fund's net asset value can differ depending on the source and method used to determine value. When fair valuation is used, the value of an investment used to determine the fund's net asset value may differ from quoted or published prices for the same investment. There can be no assurance that the fund could obtain the fair value assigned to an investment if it were to sell the investment at the same time at which the fund determines its net asset value per share.

Various inputs are used in determining the value of the fund's assets or liabilities. These inputs are categorized into three broad levels. In certain cases, the inputs used to measure fair value may fall into different levels of the fair value hierarchy. In such cases, an investment's level within the fair value hierarchy is based on the lowest level of input that is significant to the fair value measurement. The fund's assessment of the significance of a particular input to the fair value measurement in its entirety requires judgment, and considers factors specific to the investment. Level 1 includes unadjusted quoted prices in active markets for identical assets or liabilities. Level 2 includes other significant observable market-based inputs (including quoted prices for similar securities, interest rates, prepayment speed, and credit risk). Level 3 includes unobservable inputs, which may include the adviser's own assumptions in determining the fair value of investments. Other financial instruments are derivative instruments not reflected in total investments, such as futures, forwards, swap contracts, and written options.

MFS Intermediate High Income Fund

Supplemental Information (Unaudited) 8/31/10 - continued

(1) Investment Valuations - continued

The following is a summary of the levels used as of August 31, 2010 in valuing the fund's assets or liabilities:

| Investments at Value | Level 1 | Level 2 | Level 3 | Total |
|---------------------------------------|---------------------|----------------------|-------------------|----------------------|
| Equity Securities | \$ 285,340 | \$ 124,481 | \$ 337,763 | \$ 747,584 |
| Municipal Bonds | | 278,989 | | 278,989 |
| Corporate Bonds | | 68,126,629 | | 68,126,629 |
| Commerical Mortgage-Backed Securities | | 1,047,032 | | 1,047,032 |
| Foreign Bonds | | 8,256,706 | | 8,256,706 |
| Floating Rate Loans | | 1,682,057 | | 1,682,057 |
| Mutual Funds | 1,273,695 | | | 1,273,695 |
| Total Investments | \$ 1,559,035 | \$ 79,515,894 | \$ 337,763 | \$ 81,412,692 |

Other Financial Instruments

| | | |
|----------------------------|-------------|-------------|
| Forward Currency Contracts | \$ (50,821) | \$ (50,821) |
|----------------------------|-------------|-------------|

For further information regarding security characteristics, see the Portfolio of Investments.

The following is a reconciliation of Level 3 assets for which significant unobservable inputs were used to determine fair value. The table presents the activity of Level 3 securities held at the beginning and the end of the period.

| | Equity Securities |
|--|--------------------------|
| Balance as of 11/30/09 | \$ 6,315 |
| Accrued discounts/premiums | |
| Realized gain (loss) | |
| Change in unrealized appreciation (depreciation) | 22,526 |
| Net purchases (sales) | |
| Transfers in and/or out of Level 3 | 308,922 |
| Balance as of 8/31/10 | \$ 337,763 |

The net change in unrealized appreciation (depreciation) from investments still held as Level 3 at August 31, 2010 is \$22,526.

(2) Portfolio Securities

The cost and unrealized appreciation and depreciation in the value of the investments owned by the fund, as computed on a federal income tax basis, are as follows:

| | |
|-------------------------------|---------------|
| Aggregate cost | \$ 83,373,449 |
| Gross unrealized appreciation | \$ 4,443,362 |

Edgar Filing: MFS INTERMEDIATE HIGH INCOME FUND - Form N-Q

Gross unrealized depreciation (6,404,119)

Net unrealized appreciation (depreciation) \$ (1,960,757)

The aggregate cost above includes prior fiscal year end tax adjustments, if applicable.

(3) Derivative Contracts at 8/31/10

Forward Foreign Currency Exchange Contracts at 8/31/10

| Type | Currency | Counterparty | Contracts to Deliver/Receive | Settlement Date Range | In Exchange For | Contracts at Value | Net Unrealized Appreciation (Depreciation) |
|------------------------------|----------|--------------|------------------------------|-----------------------|-----------------|--------------------|--|
| Liability Derivatives | | | | | | | |
| SELL | EUR | UBS AG | 814,303 | 9/15/10 | \$ 981,088 | \$ 1,031,909 | \$ (50,821) |

At August 31, 2010, the fund had sufficient cash and/or other liquid securities to cover any commitments under these derivative contracts.

MFS Intermediate High Income Fund

Supplemental Information (Unaudited) 8/31/10 - continued

(4) Transactions in Underlying Funds-Affiliated Issuers

An affiliated issuer may be considered one in which the fund owns 5% or more of the outstanding voting securities, or a company which is under common control. For the purposes of this report, the fund assumes the following to be affiliated issuers:

| Underlying Funds | Beginning Shares/Par Amount | Acquisitions Shares/Par Amount | Dispositions Shares/Par Amount | Ending Shares/Par Amount |
|--|--|---|---|---|
| MFS Institutional Money Market Portfolio | 1,330,053 | 18,594,336 | (18,650,694) | 1,273,695 |

| Underlying Funds | Realized Gain (Loss) | Capital Gain Distributions | Dividend Income | Ending Value |
|--|-------------------------------------|---------------------------------------|----------------------------|-------------------------|
| MFS Institutional Money Market Portfolio | \$ | \$ | \$ 2,715 | \$ 1,273,695 |

ITEM 2. CONTROLS AND PROCEDURES.

- (a) Based upon their evaluation of the effectiveness of the registrant's disclosure controls and procedures (as defined in Rule 30a-3(c) under the Investment Company Act of 1940 (the "Act")) as conducted within 90 days of the filing date of this Form N-Q, the registrant's principal financial officer and principal executive officer have concluded that those disclosure controls and procedures provide reasonable assurance that the material information required to be disclosed by the registrant on this report is recorded, processed, summarized and reported within the time periods specified in the Securities and Exchange Commission's rules and forms.

- (b) There were no changes in the registrant's internal controls over financial reporting (as defined in Rule 30a-3(d) under the Act) that occurred during the registrant's last fiscal quarter that have materially affected, or are reasonably likely to materially affect, the registrant's internal control over financial reporting.

ITEM 3. EXHIBITS.

File as exhibits as part of this Form a separate certification for each principal executive officer and principal financial officer of the registrant as required by Rule 30a-2(a) under the Act (17 CFR 270.30a-2): Attached hereto.

Notice

A copy of the Agreement and Declaration of Trust, as amended, of the Registrant is on file with the Secretary of State of The Commonwealth of Massachusetts and notice is hereby given that this instrument is executed on behalf of the Registrant by an officer of the Registrant as an officer and not individually and the obligations of or arising out of this instrument are not binding upon any of the Trustees or shareholders individually, but are binding only upon the assets and property of the respective constituent series of the Registrant.

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934 and the Investment Company Act of 1940, the registrant has duly caused this report to be signed on its behalf by the undersigned, thereunto duly authorized.

Registrant: MFS INTERMEDIATE HIGH INCOME FUND

By (Signature and Title)* MARIA F. DWYER
Maria F. Dwyer, President

Date: October 18, 2010

Pursuant to the requirements of the Securities Exchange Act of 1934 and the Investment Company Act of 1940, this report has been signed below by the following persons on behalf of the registrant and in the capacities and on the dates indicated.

By (Signature and Title)* MARIA F. DWYER
Maria F. Dwyer, President
(Principal Executive Officer)

Date: October 18, 2010

By (Signature and Title)* JOHN M. CORCORAN
John M. Corcoran, Treasurer
(Principal Financial Officer
and Accounting Officer)

Date: October 18, 2010

* Print name and title of each signing officer under his or her signature.