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Dougherty Kevin Form 4	l									
September 09, 20)10									
FORM 4			GEGU						PPROVAL	
	UNITED	STATES		RITIES A shington			E COMMISSIO	N OMB Number:	3235-0287	
Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations	Section 1	NGES IN SECUI 16(a) of th	Estimated burden ho response	urs per						
may continue. <i>See</i> Instruction 1(b).						any Act of 1	t of 1935 or Sect 1940	IOII		
(Print or Type Respo	nses)									
1. Name and Address of Reporting Person <u>*</u> Dougherty Kevin			2. Issuer Name and Ticker or Trading Symbol MFS INTERMEDIATE HIGH INCOME FUND [CIF]				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last) (First) (Middle) 500 BOYLSTON STREET			3. Date of Earliest Transaction (Month/Day/Year) 03/08/2010			Director 10% Owner Officer (give titleX Other (specify below) MFS Director				
(Street) BOSTON, MA 02116			4. If Amendment, Date Original Filed(Month/Day/Year)			 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person 				
(City)	(State)	(Zip)	Tah	le I - Non-l	Derivativ	e Securities A	Acquired, Disposed	of, or Beneficia	ally Owned	
	ansaction Date hth/Day/Year)	2A. Deema Execution any (Month/Da	ed Date, if	3. Transactio Code (Instr. 8) Code V	4. Secur mAcquire Dispose (Instr. 3	ities d (A) or d of (D) , 4 and 5) (A) or	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect	
Reminder: Report or	n a separate line	for each cl	ass of sec	urities bene	ficially o	wned directly	or indirectly.			
					info requ	mation con ired to resp lays a curre	spond to the coll tained in this form ond unless the fo ntly valid OMB co	n are not orm	SEC 1474 (9-02)	

 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
 (e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5.	6. Date Exercisable and	7. Title and	8. Price of	9. Nu
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transact	ionNumber	Expiration Date	Amount of	Derivative	Deriv
Security	or Exercise		any	Code	of	(Month/Day/Year)	Underlying	Security	Secu

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(Instr. 3)	Price of Derivative Security	(Month/Day/Year)	(Instr. 8)	Securities Acquired (A) or	Securities Acquired (A) or Disposed of (D) (Instr. 3,		Secur (Instr	rities 3 and 4)	(Instr. 5)	Bene Owne Follo Repo Trans (Instr
			Code N	7 (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
Dougherty Kevin 500 BOYLSTON STREET BOSTON, MA 02116				MFS Director			
Signatures							
Susan S. Newton, By Power of Attorney		09/09/	2010				
**Signature of Reporting Person		Date	•				

Explanation of Responses:

* If the form is filed by more than one reporting person, *see* Instruction 4(b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.