FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT	OF CHANGES	IN BENEFICIAL	OWNERSHIP
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OMB APPROVAL			
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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

(Last) (First) (Middle) INTERNATIONAL FLAVORS & FRAGRANCES INC. 521 WEST 57TH STREET 4. If Amendment, Date of Original Filed (Month/Day/Year) (Street) NEW YORK NY 10019 Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned 1. Title of Security (Instr. 3) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) 2. Transaction Date (Line) X Form filed by More than One Reporting Person Form filed by More than One Reporting Person Transaction Disposed of (D) (Instr. 3, 4 and Disposed Of (D) (Instr. 3, 4 and Disposed Of (D) (Instr. 3) Transaction(S) (Instr. 3 and 4) Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities) 1. Title of 2. Ja Transaction Date Execution Date, Transaction Date Execution Date Execution Date (E.g., puts, calls, warrants, options, convertible and Amount of Date (E.g., puts, calls, warrants) 2. Date Execution Date (E.g., puts, calls, warrants) 3. Transaction Disposed of (D) (Instr. 3, 4 and Disposed Of (D) (Instr. 3, 4 and Disposed Of (D) (Instr. 3, 4 and Disposed Of (D) (Instr. 3) 3. Transaction Disposed Of (D) (Instr. 3, 4 and Disposed Of (D) (Instr. 3, 4 and Disposed Of (D) (Instr. 4) 5. Number of E. Date Execution Date (E.g., puts, calls, puts, calls		Relationship of Reporting Person(s) to Issue neck all applicable) X Director 10% Own	(Ch	<u>k</u>	VORS 8	cker or Tradin NAL FLA S INC [IF	NATION.	ITERNA	IN		Reporting Person*		
(Street) NEW YORK NY 10019 Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned 2. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (State) (State) (State) (State) (Zip) Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned Securities Acquired (A) or Transaction Disposed Of (D) (Instr. 3, 4 and Securities Beneficially Owned Following (Instr. 3 and 4) (Instr. 4) (Instr. 3) (Instr. 3) (Instr. 3) (Instr. 3) (Instr. 3) (Instr. 4) (Instr. 4) (Instr. 4) (Instr. 5) (Instr. 5) (Instr. 6)	INTERN INC.	below) below)		,		`)4	/10/2004	03,	` ,	FLAVORS & F	IATIONAL	INTERN INC.
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Security or Exercise (Month/Day/Year) if any Code (Instr. Derivative (Month/Day/Year) Securities Securities Securities Securities Securities Securities Securities Ones (Instr. 5) Beneficially Direct (D) Ones (Instr. 5) Securities S		8. Price of 9. Number of 10. 1	curities)	ible secu	converti	6. Date Exerc	warrants, 5. Number 6	calls, wa	puts,	(e.g.,	3. Transaction		1 Title of
Security (A) or Disposed of (D) (Instr. 3, 4 and 5) (Instr. 3 and 4) Amount Following Reported Transaction(s) (Instr. 4)	Derivative Security	Security Securities Form: Ending the Security (Instr. 5) Beneficially Direct (D)	/ing	Securities Underlying			Securities \	Sec	Code (if any		or Exercise Price of	Derivative Security
Stock Equivalent Units (1) 03/10/2004 03/11/2004 A 93 (2) (2) Common Stock 93 \$37.62 3,584 D	Derivative Security	Security Securities Form: E Beneficially Owned Following Reported Transaction(s)	ving ive Security and 4)	Securities Underlying Derivative			Securities Acquired (A) or Disposed of (D) (Instr. 3, 4	Sec Acc (A) Dis of (Code (if any		or Exercise Price of Derivative	Derivative Security

Explanation of Responses:

- 1. Stock Units ("Units") convert to Common Stock on a one-for-one basis.
- 2. Units under the Company's deferred compensation plan resulting from deferral of meeting fees. The Units are payable in Common Stock upon retirement or other termination of directorship.

Dennis M. Meany, Attorney-in-03/11/2004 **fact**

** Signature of Reporting Person Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

- * 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.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.