FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

## STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL								
OMB Number:	3235-0287							
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hours per response:	0.5							

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

1. Name ar	IN	2. Issuer Name <b>and</b> Ticker or Trading Symbol INTERNATIONAL FLAVORS &									5. Relationship of Reporting Person(s) to Issuer (Check all applicable)										
OLOIL	FF	FRAGRANCES INC [ IFF ]									X Directo	or		10% Ov	vner						
(Last) (First) (Middle)													Officer below)	(give title		Other (s	specify				
INTERNATIONAL FLAVORS & FRAGRANCES, INC.						3. Date of Earliest Transaction (Month/Day/Year) 05/11/2004															
521 WEST 57TH STREET							4. If Amendment, Date of Original Filed (Month/Day/Year)									Individual or Joint/Group Filing (Check Applicable Line)					
(Street)															•	iled by One	Repo	orting Perso	n		
NEW YORK NY 10019															Form filed by More than One Reporting Person						
(City)	(S	tate)	(Zip)			P 613011															
		Tab	le I - Non	-Deriv	ative	Sec	curitie	s Ac	quired,	Dis	posed o	of, or	Bene	eficial	ly Owned	d					
1. Title of Security (Instr. 3)  2. Transac Date (Month/Date)						Execution Date			e, Transaction Dispo Code (Instr. 5)			rities Acquired (A) ed Of (D) (Instr. 3, 4			Benefici Owned I	es For ially (D) Following (I) (		rm: Direct or Indirect (Instr. 4)	7. Nature of Indirect Beneficial Ownership		
									Code	v	Amount	(A) or (D)		Price	Transac	Reported Transaction(s) (Instr. 3 and 4)			(Instr. 4)		
		Т	able II - I						uired, D s, option						Owned						
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deeme Execution I if any (Month/Day	d Date,	4. Transactio		5. Number of		6. Date Expiration (Month/Da	able and	7. Title and Amount of Securities Underlying Derivative Secu (Instr. 3 and 4)		ecurity	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction (Instr. 4)	ly	Ownership Form: Direct (D) or Indirect (I) (Instr. 4	Beneficial Ownership (Instr. 4)			
					Code	v	(A)	(D)	Date Exercisabl		expiration Date	Title	0 N 0	lumber							
Options (Right to Buy) <sup>(1)</sup>	\$35	05/11/2004			A		3,000		(2)	0	5/11/2014	Comm Stocl		3,000	\$0.00	3,000		D			

## **Explanation of Responses:**

- 1. Stock options granted under Issuer's 2000 Stock Option Plan for Non-Employee Directors.
- 2. Option vests in three equal annual installments beginning on May 11, 2005.

<u>Dennis M. Meany, Attorney-in-fact</u> <u>05/12/2004</u>

\*\* Signature of Reporting Person Date

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

- $^{\star}$  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.