FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

## STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

l	OMB APPROVAL								
	OMB Number:	3235-0287							
	Estimated average burde	en							
l	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

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1. Name and Wall De	IN	2. Issuer Name and Ticker or Trading Symbol  INTERNATIONAL FLAVORS & FRAGRANCES INC [ IFF ]								5. Relationship of Reporting Person(s) to Issuer (Check all applicable)  Director 10% Owner									
(Last) (First) (Middle) 521 WEST 57TH STREET						3. Date of Earliest Transaction (Month/Day/Year) 05/09/2006								X Officer (give title Other (specify below)  Regional Manager					
(Street) NEW YORK NY 10019 (City) (State) (Zip)					4. If <i>i</i>	4. If Amendment, Date of Original Filed (Month/Day/Year)							Line	Individual or Joint/Group Filing (Check Applicable Line)     X Form filed by One Reporting Person     Form filed by More than One Reporting Person					
		Tabl	e I - Nor	1-Deriv	ative	Sec	urities	Acc	quired, E	Disp	osed o	f, or Ber	neficiall	y Owned					
1. Title of Security (Instr. 3)  2. Transar Date (Month/Da					Execution Date,			Transaction Disposed Code (Instr. 5)		ities Acquired (A) or d Of (D) (Instr. 3, 4 an		5. Amour Securitie Beneficia Owned F	s ally ollowing	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership			
									Code	v	Amount	(A) or (D)	Price	Reported Transact (Instr. 3 a				(Instr. 4)	
		Ta							ired, Di					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 if any (Month/Da	n Date,	4. Transactio Code (Insti		5. Number on of		6. Date Exercisab Expiration Date (Month/Day/Year)		e Amount o		f g Security	8. Price of Derivative Security (Instr. 5)	9. Number derivative Securities Beneficia Owned Following Reported Transacti (Instr. 4)	e s Illy	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
					Code	v	(A)	(D)	Date Exercisable		Expiration Date	Title	Amount or Number of Shares						
Restricted Stock Units	\$0 <sup>(1)</sup>	05/09/2006			A		849		05/09/2009	9 (	05/09/2009	Common Stock	849	\$0	849		D		
Stock Settled Appreciation	\$36	05/09/2006			A		5,662		05/09/2009	9 (	05/09/2013	Common Stock	5,662	\$0	5,662	2	D		

## Explanation of Responses:

1. The Restricted Stock Units convert to Common Stock on a one-for-one basis. The Restricted Stock Units vest on May 9, 2009.

## Remarks:

By: Dennis Meany, attorney in fact

05/11/2006

\*\* 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.