FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL									
OMB Number:	3235-028								
Estimated average t	ourden								

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See

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												34		ho	ours per re	sponse:	0.5		
Name and Address of Reporting Person* BEWOOR ARUN					2. Issuer Name and Ticker or Trading Symbol INTERNATIONAL FLAVORS & FRAGRANCES INC [IFF]									(Ch	eck all appl Direct V Office	icable) or r (give ti	J	10% Ow Other (s	wner
ast) (First) (Middle) 21 WEST 57TH STREET					3. Date of Earliest Transaction (Month/Day/Year) 01/25/2005										below	below) below) VP, Regional Manager			
				4. If	f Amei	ndment,	Date	of C	Original	Filed	(Month/D	ay/Ye	ear)	Line	e) X Form Form	filed by	One Rep	orting Perso	n
(St	-		n-Deriva	ative	Sec	curitie	s Ac	cau	ired.	Dist	osed o	of. o	r Bene	eficial	v Owne	d			
Date				Execution Date,				Transaction Disposed Of (D) (Instr. 3, Code (Instr. 5)						4 and Securities Beneficiall Owned Fol		Forn (D) c	n: Direct or Indirect instr. 4)	'. Nature of Indirect Beneficial Dwnership Instr. 4)	
									Code	v	Amount		(A) or (D)	Price	Transac	tion(s)			11501. 4)
	Т														Owned				
2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	Execution if any	Date, T	Transa Code (of Deriva Securi Acquir (A) or	itive ities red	Exp	piration	Date		Amo Sec Und Deri	ount of urities lerlying ivative So		8. Price of Derivative Security (Instr. 5)	deriva Securi Benefi Owned Follow Repor	itive ities icially d ving	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
	ORK (Find ST 57TH ST	(First) ST 57TH STREET ORK (State) Tab Security (Instr. 3) 7 2. Conversion or Exercise Price of Derivative (Month/Day/Year)	(First) (Middle) ST 57TH STREET ORK 10019 (State) (Zip) Table I - Nor Security (Instr. 3) Table II - Conversion or Exercise Price of Derivative (Month/Day/Year) (Month/Day (Month/Day))	(First) (Middle) ST 57TH STREET ORK 10019 (State) (Zip) Table I - Non-Derive (Month/It) Table II - Derivative (e.g., p 2. Transaction Date (Month/It) Conversion or Exercise Price of Derivative (Month/Day/Year) ORK 10019 Table II - Derivative (e.g., p	Table II - Derivative (Security (Instr. 3) Table II - Derivative (e.g., puts, (Month/Day/Year) Tansaction Date (Month/Day/Year) (Month/Day/Year)	Conversion or Exercise Price of Derivative Security (Month/Day/Year) 2. Issuer INTER FRAG (Middle) 3. Date of O1/25/2 4. If Amer (Zip) Table I - Non-Derivative Security (Instr. 3) Table II - Derivative Security (Instr. 3)	Conversion or Exercise Price of Derivative Security (Month/Day/Year) Code (Instr. 8) Code (Instr	Conversion or Exercise Price of Derivative Pri	Conversion or Exercise Price of Derivative Security (Month/Day/Year) Conversion Other or Exercise Price of Derivative Security (Month/Day/Year) Conversion Other or Exercise Price of Derivative Security (Month/Day/Year) Conversion Other or Exercise Price of Derivative Security (Month/Day/Year) Conversion Other or Exercise Price of Derivative Security (Month/Day/Year) Conversion Other or Exercise Price of Derivative Security (Month/Day/Year) Conversion Other or Exercise Price of Derivative Security (Month/Day/Year) Conversion Other or Exercise Price of Derivative Security (Month/Day/Year) Conversion Other or Exercise Price of Derivative Security (Month/Day/Year) Conversion Other or Exercise Price of Derivative Security (Month/Day/Year) Conversion Other or Exercise Price of Derivative Security (Month/Day/Year) Conversion Other or Exercise Price of Derivative Security (Month/Day/Year) Conversion Other Other Other Other Other Other Other Other Ot	2. Issuer Name and Ticker or Trace INTERNATIONAL FL FRAGRANCES INC [(First) (Middle) 3. Date of Earliest Transaction (Mc 01/25/2005 4. If Amendment, Date of Original ORK 10019 (State) (Zip) 2A. Deemed Execution Date (Month/Day/Year) 2A. Deemed Execution Date, if any (Month/Day/Year) 3A. Deemed (Month/Day/Year) Code (Instr. 8) 3. Transaction Date (Month/Day/Year) 4. Transaction of Code (Instr. 8) 3A. Deemed Execution Date, if any (Month/Day/Year) 6. Date Expriction Date (Month/Da	2. Issuer Name and Ticker or Trading S INTERNATIONAL FLAVO FRAGRANCES INC [IFF] (First) (Middle) ST 57TH STREET ORK 10019 (State) (Zip) Table I - Non-Derivative Securities Acquired, Disponent (Month/Day/Year) 2. Transaction Date (Month/Day/Year) Price of Derivative Securities Acquired, Disponent (Month/Day/Year) Table II - Derivative Securities Acquired, Disponent (Month/Day/Year) 3. Transaction Date (Month/Day/Year) (e.g., puts, calls, warrants, options, color (Month/Day/Year) 3. Transaction Code (Instr. 8) Table II - Derivative Securities Acquired, Disponent (Month/Day/Year) 2. Transaction Date (Month/Day/Year) (e.g., puts, calls, warrants, options, colode (Instr. 8) 3. Transaction Date (Month/Day/Year) (fi any (Month/Day/Year) (g.g., puts, calls, warrants, options, colode (Instr. 8) 2. Transaction Date (Month/Day/Year) (g.g., puts, calls, warrants, options) (g.g., puts, calls, warrants) (g.g., puts, calls, warrants)	2. Issuer Name and Ticker or Trading Symbol INTERNATIONAL FLAVORS & FRAGRANCES INC [IFF] 3. Date of Earliest Transaction (Month/Day/Year) 01/25/2005 4. If Amendment, Date of Original Filed (Month/D ORK 10019 (State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 3. Transaction (Month/Day/Year) 3. Deemed Execution Date, (Month/Day/Year) 3. Transaction (Month/Day/Year) 4. Securities Acquired, Disposed of (e.g., puts, calls, warrants, options, converting time and Ticker or Trading Symbol INTERNATIONAL FLAVORS & FRAGRANCES INC [IFF] 3. Date of Earliest Transaction (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 3. Deemed Execution Date, (Month/Day/Year) 3. Transaction Date (Month/Day/Year) 3. Transaction Date (Month/Day/Year) 3. Transaction Date (Month/Day/Year) 4. Transaction Code (Instr. 8) 5. Number of Derivative Securities Acquired (Month/Day/Year) 6. Date Exercisable and Expiration Date (Month/Day/Year) Expiration Date (Month/Day/Year)	Conversion or Exercise Price of Derivative Security (Instr. 3) Code Instruction Date (Month/Day/Year)	2. Issuer Name and Ticker or Trading Symbol INTERNATIONAL FLAVORS & FRAGRANCES INC [IFF] 3. Date of Earliest Transaction (Month/Day/Year) 01/25/2005 4. If Amendment, Date of Original Filed (Month/Day/Year) 01/25/2005 4. If Amendment, Date of Original Filed (Month/Day/Year) 01/25/2005 4. If Amendment, Date of Original Filed (Month/Day/Year) 01/25/2005 4. If Amendment, Date of Original Filed (Month/Day/Year) 01/25/2005 4. If Amendment, Date of Original Filed (Month/Day/Year) 01/25/2005 4. If Amendment, Date of Original Filed (Month/Day/Year) 01/25/2005 4. If Amendment, Date of Original Filed (Month/Day/Year) 01/25/2005 4. If Amendment, Date of Original Filed (Month/Day/Year) 01/25/2005 4. If Amendment, Date of Original Filed (Month/Day/Year) 01/25/2005 4. If Amendment, Date of Original Filed (Month/Day/Year) 01/25/2005 4. If Amendment, Date of Original Filed (Month/Day/Year) 01/25/2005 4. If Amendment, Date of Original Filed (Month/Day/Year) 01/25/2005 4. If Amendment, Date of Original Filed (Month/Day/Year) 01/25/2005 4. If Amendment, Date of Original Filed (Month/Day/Year) 4. Securities Acquired Disposed of, or Benefold (Month/Day/Year) 01/25/2005 01/25/	2. Issuer Name and Ticker or Trading Symbol INTERNATIONAL FLAVORS & FRAGRANCES INC IFF	Conversion or Exercise Perceivative Security (Instr. 3) Conversion or Exercise Decrease of Derivative Security (Instr. 3) Conversion or Exercise Decrease of Derivative Security (Instr. 3) Conversion or Exercise Decrease of Derivative Security (Instr. 3) Conversion or Exercise Decrease of Derivative Security (Instr. 3) Code	2. Issuer Name and Ticker or Trading Symbol INTERNATIONAL FLAVORS & FRAGRANCES INC [IFF] S. Relationship of Reprictive Securities Acquired, Disposed of, or Beneficially Owned Securities Acquired (A) or Date (Month/Day/Year) S. Relationship of Reprictive Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5) S. Relationship of Reprictive Securities Acquired (Month/Day/Year) S. Relationship of Reprictive Securities Acquired (Month/Day/Ye	2. Issuer Name and Ticker or Trading Symbol INTERNATIONAL FLAVORS & FRAGRANCES INC [IFF] S. Relationship of Reporting Per (Check all applicable) Director X Officer (give title below) VP, Regional North Street VP, Reg	2. Issuer Name and Ticker or Trading Symbol INTERNATIONAL FLAVORS & FRAGRANCES INC [IFF]

Explanation of Responses:

\$0⁽¹⁾

1. The restricted stock units were awarded based on the Company achieving certain performance targets and will vest on May 11, 2007 subject to the reporting person's continued employment with the Company. The restricted stock units, upon vesting, will be paid in cash. Each restriced stock unit has a cash value equal to one share of Common Stock.

(D)

Exercisable

05/11/2007

Remarks:

Restricted

Stock Units

Dennis Meany, Power of 01/26/2005 <u>Attorney</u>

3,646

D

** Signature of Reporting Person Date

Number

of Shares

3,646

Expiration

05/11/2007

Date

Title

Common

Stock

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).

01/25/2005

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

Code ٧ (A)

3,646

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.