FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

	OMB APPRO	VAL							
	OMB Number:	3235-0287							
l	Estimated average burden								
	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

		Reporting Person*	1	2. Issuer Name and Ticker or Trading Symbol INTERNATIONAL FLAVORS & FRAGRANCES INC [IFF]								heck all appl	icable)	g Persor	Person(s) to Issuer 10% Owner Other (specify		
(Last) (First) (Middle) 521 WEST 57TH STREET						3. Date of Earliest Transaction (Month/Day/Year) 05/09/2006)		below)	
(Street) NEW YORK NY 10019				2	4. If Amendment, Date of Original Filed (Month/Day/Year)								Individual or Joint/Group Filing (Check Applicable e) X Form filed by One Reporting Person Form filed by More than One Reporting Person				
(City) (State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned																	
1. Title of Security (Instr. 3) 2. Transa Date (Month/E					Execution Date,			Code (Instr. 5)				str. 3, 4 an	Benefic Owned Reporte	es ially Following ed	Form: D	m: Direct or Indirect Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
		Code V Amount (A) or P					eficially	y Owned									
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security		3A. Deemed Execution Da if any (Month/Day/Y	4. Tran	4. Transaction Code (Instr.		wative prities priced rosed priced priced rosed priced rosed priced rose rose rose rose rose rose rose rose	6. Date Exercisable and Expiration Date (Month/Day/Year)			7. Title and Amount of Securities Underlying Derivative Securit (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction (Instr. 4)	Ownership Form: Direct (D) or Indirect (I) (Instr. 4	wnership orm: rect (D) Indirect	Beneficial Ownership (Instr. 4)
				Cod	le V	(A)	(D)	Date Exercisable	Expi Date	opiration	Title	Amount or Number of Shares					
Restricted Stock Units	\$0 ⁽¹⁾	05/09/2006		A		750		05/09/2009	05/0	09/2009	Common Stock	750	\$0	750		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 05/10/2006 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.