FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL								
OMB Number:	3235-028							

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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

1. Name and Address of Reporting Person*  HOWARD D WAYNE					2. Issuer Name and Ticker or Trading Symbol  INTERNATIONAL FLAVORS &  FRAGRANCES INC [ IFF ]									Check all ap Dire	plicable) ctor		Owner	
(1	=iret)	(Middle)			[ ]													
(Last) (First) (Middle) INTERNATIONAL FLAVORS & FRAGRANCES, INC.					3. Date of Earliest Transaction (Month/Day/Year) 08/13/2003									]	Executive <b>V</b>	Vice Presiden	:	
521 WEST 57TH ST					4. If Amendment, Date of Original Filed (Month/Day/Year)									6. Individual or Joint/Group Filing (Check Applicable				
Street) NEW YORK NY 10019														X Form filed by One Reporting Person Form filed by More than One Reporting Person				
(:	State)	(Zip)																
	Tak	ole I - No	n-Deriv	ative	Se	curit	ies Acc	uired,	Dis	posed o	f, or	Ben	efici	ally Own	ed			
Date			Date			2A. Deemed Execution Date, if any (Month/Day/Year)		Transaction Disposed Code (Instr. 5)					nd Secui Benet Owne	ities icially d Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
								Code	v				Price	Trans	action(s)		(111341.4)	
Common Stock 08/13/				/2003	3			S		8,200		D	\$30	0.35	36,896	D		
Common Stock 08/13/2					/2003					1,800		D	\$30	0.31	35,096	D		
Common Stock 08/14/				/2003				S		9,500		D	\$30	0.4	25,596	D		
Common Stock 08/14/				/2003 s 500 D		\$30	30.45 25,096		D									
	T													y Owned				
Derivative Conversion Date Execuserity or Exercise (Month/Day/Year) if any		Execution if any	n Date, Transactic Code (Insi			on of Derivative (Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		Expiration	Expiration Date (Month/Day/Year)			Amoun		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
1 1 1	SECURITY (Institute of the stock of the stoc	(First) NATIONAL FLAVORS & H ST 57TH ST  ORK NY  (State)  Tak Security (Instr. 3)  1 Stock 1 Stock 1 Stock 1 Stock 1 Stock 1 Stock 1 Onversion or Exercise Price of Derivative (Month/Day/Year)	(First) (Middle) NATIONAL FLAVORS & FRAGRAI ST 57TH ST  ORK NY 10019  (State) (Zip)  Table I - No  Security (Instr. 3)  1 Stock 1 One Security (Month/Day/Year)  Conversion or Exercise Price of Derivative (Month/Day/Year) Price of Derivative (Month/Day/Year)	(First) (Middle) NATIONAL FLAVORS & FRAGRANCES,  ST 57TH ST  ORK NY 10019  (State) (Zip)  Table I - Non-Deriv  Security (Instr. 3) 2. Transa Date (Month/L)  1 Stock 08/13 1 Stock 08/14  Table II - Derivat (e.g., pt. of Derivative Security (Month/Day/Year) (Month/Day/Year)	Conversion or Exercise Price of Derivative Price Price of Derivative Price Price of Derivative Price Price Price of Derivative Price P	STOCK   ORK   OR	(First) (Middle) NATIONAL FLAVORS & FRAGRANCES, ST 57TH ST  ORK NY 10019  (State) (Zip)  Table I - Non-Derivative Securities (Month/Day/Year) Security (Instr. 3)  2. Transaction Date (Month/Day/Year) Stock  1. Stock 1. Stock 1. Stock 2. Table II - Derivative Securities (e.g., puts, calls, ward (Month/Day/Year) Security (Month/Day/Year) Security (Month/Day/Year) Security Security (Month/Day/Year) Security	(First) (Middle)  NATIONAL FLAVORS & FRAGRANCES,  ST 57TH ST  ORK NY 10019  (State) (Zip)  Table I - Non-Derivative Securities Accurity (Instr. 3)  2. Transaction Date (Month/Day/Year)  1 Stock 08/13/2003  1 Stock 08/13/2003  Table II - Derivative Securities Acquired (e.g., puts, calls, warrants, (Month/Day/Year)  Table II - Derivative Securities Acquired (e.g., puts, calls, warrants, (Month/Day/Year)  2. Conversion or Exercise Price of Derivative Security  Security  3. Transaction Date (if any (Month/Day/Year) (Month/Day/Year)  3. Transaction Date (if any (Month/Day/Year) (Nonth/Day/Year)  3. Transaction Date (Instr. 3)  4. If Amendment, Date of Execution Date, if any (Month/Day/Year)  5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	(First) (Middle) NATIONAL FLAVORS & FRAGRANCES, ST 57TH ST  ORK NY 10019  (State) (Zip)  Table I - Non-Derivative Securities Acquired, Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year)  1 Stock 08/13/2003 S  Table II - Derivative Securities Acquired, Date (Month/Day/Year) (Month/Day/Year) S  Table II - Derivative Securities Acquired, Date (Month/Day/Year) S  Table II - Derivative Securities Acquired, Date (Month/Day/Year) S  Table II - Derivative Securities Acquired, Date (Month/Day/Year) S  Table II - Derivative Securities Acquired, Date (Month/Day/Year) S  Table II - Derivative Securities Acquired, Date (Month/Day/Year) S  Table II - Derivative Securities Acquired (A) or Disposed of (D) (Instr., 3, 4 and 5)  Date	FRAGRANCES INC [IFF  (First) (Middle) NATIONAL FLAVORS & FRAGRANCES, ST 57TH ST  ORK NY 10019  (State) (Zip)  Table I - Non-Derivative Securities Acquired, Dis Security (Instr. 3)  2. 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Date Exercisable and or Derivative Securities Acquired, Disposed of, or Securities Acquired, Disposed of, or Securities Acquired, Disposed of, or Derivative Securities Acquired, Disposed of, or Securities Acquired, Disposed of, or Derivative Securities Acquired, Disposed of (D) (Month/Day/Year) (Month/Day/Year)  3. Date of Earliest Transaction (Month/Day/Year)  4. If Amendment, Date of Original Filed (Month/Day/Year)  6. Securities Acquired, Disposed of, or Securities Acquired, Disposed of, Or Original Filed (Month/Day/Year)  8. Securities Acquired, Disposed of, or Securities Acquired, Disposed of (D) (Month/Day/Year)  8. Securities Acquired, Disposed of, Or Derivative Securities Acquired, Disposed of (D) (Month/Day/Year)  8. Securities Acquired, Disposed of, Or Derivative Securities Acquired, Disposed of (D) (Month/Day/Year)  8. Securities Acquired, Disposed of, Or Derivative Securities Acquired, Disposed of (D) (Month/Day/Year)  8. Securities Acquired, Disposed of, Or Derivative Securities Acquired, Disposed of (D) (Month/Day/Year)  8. Securities Acquired, Disposed of, Or Derivative Securities Acquired, Disposed of (D) (Month/Day/Year)  8. Securities Acquired, Disposed of (D) (Month/Day/Year)  8. Securities Acquired, Disposed of (D) (Month/Day/Year)  8. Securities Acquired, Disposed of (D) (Month/Da	FRAGRANCES INC   IFF	(First) (Middle) NATIONAL FLAVORS & FRAGRANCES, ST 57TH ST  Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficial (Month/Day/Year)  (State) (Zip)  Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficial (Month/Day/Year)  (Security (Instr. 3)  2. Transaction (Month/Day/Year) (Month/Day/Year)  (Month/Day/Year)  2. Transaction (Month/Day/Year) (Month/Day/Year) (Month/Day/Year)  2. Transaction (Month/Day/Year) (Month/Day/Year)  2. Transaction (Month/Day/Year) (Month/Day/Year)  3. Transaction (Code (Instr. 8) (Month/Day/Year) (Month/Day/Year)  2. 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Transaction Date (Month/Day/Year) (Month/Day/Year)  2. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year)  2. Transaction Date (Bay Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year)  2. Transaction Date (Bay Month/Day/Year) (Month/Day/Year) (	Conversion   Con	

**Explanation of Responses:** 

Jodie Simon, Attorney-in-fact 08/14/2003

\*\* Signature of Reporting Person Date

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

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.

<sup>\*</sup> If the form is filed by more than one reporting person, see Instruction 4 (b)(v).

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