FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

l	OMB APPRO	VAL
	OMB Number:	3235-0287
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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 or Section 30(h) of the Investment Company Act of 1940

1. Name an	INT	2. Issuer Name and Ticker or Trading Symbol INTERNATIONAL FLAVORS & FRAGRANCES INC [IFF]										all app Direct Office	olicable) ctor er (give title			Owner (specify				
(Last) 521 WES		3. Date of Earliest Transaction (Month/Day/Year) 03/12/2007										below) below) Chief Transition Officer								
(Street) NEW YORK NY 10019 (City) (State) (Zip)					4. If A	4. If Amendment, Date of Original Filed (Month/Day/Year)									i. Indiv ine) X	ridual or Joint/Group Filing (Check Applicable Form filed by One Reporting Person Form filed by More than One Reporting Person				
	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned																			
1. Title of Security (Instr. 3) 2. Transa Date (Month/L					Execution D			n Date,	Code (Instr.		4. Securities Acquired (A) Disposed Of (D) (Instr. 3, 4 5)				4 and Secur Benef Owne		icially d Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership
							Code	v	Amount	ount (A) or (D)		Price	•	Reported Transaction(s) (Instr. 3 and 4)				(Instr. 4)		
Common	03/12	/2007	2007		S		3,000		D	\$46.9		38,750			D					
Common	/2007	2007		S		1,000		D	\$46.91		37,750			D						
Common Stock 03/13						2007		S		6,000		D	\$46.9		31,750			D		
		Та									sed of, onvertib					wned				
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security		3A. Deem Execution if any (Month/Da	Date,	4. Transac Code (In 8)		of		6. Date I Expirati (Month/	on Dat		7. Title and Amount of Securities Underlying Derivative Security (Instr. and 4)		str. 3	Deri Seci	Price of ivative curity str. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s (Instr. 4)	Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	wnership orm: irect (D) · Indirect	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	/	(A)	(D)			Expiration Date	Amoun or Numbe of Shares		nber							

Explanation of Responses:

Remarks:

By: Dennis Meany, attorney in fact

03/14/2007

** 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.