

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

OMB APPROVAL	
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1. Name and Address of Reporting Person* BEWOOR ARUN (Last) (First) (Middle) 521 WEST 57TH STREET (Street) NEW YORK NY 10019 (City) (State) (Zip)	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 <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) VP, Regional Manager
	3. Date of Earliest Transaction (Month/Day/Year) 12/15/2006	

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	12/15/2006		M		15,000	A	\$29.86	15,000	D	
Common Stock	12/15/2006		M		12,000	A	\$32.82	27,000	D	
Common Stock	12/15/2006		M		10,000	A	\$28.77	37,000	D	
Common Stock	12/15/2006		M		7,000	A	\$27.1	44,000	D	
Common Stock	12/15/2006		M		3,000	A	\$17.9375	47,000	D	
Common Stock	12/15/2006		S		44,000	D	\$48.82	3,000	D	

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)	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)	
				Code	V	(A)	(D)	Date Exercisable	Expiration Date						Title
Stock Options (right to buy)	\$17.9375	12/15/2006		M			3,000	(1)	11/14/2007	Common Stock	3,000	\$0	0	D	
Stock Options (right to buy)	\$27.1	12/15/2006		M			7,000	(2)	05/16/2011	Common Stock	7,000	\$0	0	D	
Stock Options (right to buy)	\$28.77	12/15/2006		M			10,000	(3)	01/28/2012	Common Stock	10,000	\$0	0	D	
Stock Options (right to buy)	\$32.82	12/15/2006		M			12,000	(4)	05/07/2012	Common Stock	12,000	\$0	0	D	
Stock Options (right to buy)	\$29.86	12/15/2006		M			15,000	(5)	03/11/2013	Common Stock	15,000	\$0	0	D	

Explanation of Responses:

- The options vest in 4 equal annual installments based on the Company's Common Stock achieving certain pre-established price targets.
- The options vested in 3 equal annual installments beginning 5/16/02.
- The options vested in 3 equal annual installments beginning 1/28/03.
- The options vested in 3 equal annual installments beginning 5/7/03.
- The options vested in 3 equal annual installments beginning 3/11/04.

Remarks:

By: Dennis Meany, attorney in fact 12/19/2003

** 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.