

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	
OMB Number:	3235-0287
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1. Name and Address of Reporting Person * BURNS ROBERT _____ (Last) (First) (Middle) INTERNATIONAL FLAVORS & FRAGRANCES INC. 521 WEST 57TH ST _____ (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) Vice President
	3. Date of Earliest Transaction (Month/Day/Year) 08/03/2004	
	4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> 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. 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	08/03/2004		M		8,000	A	\$27.1	8,650	D	
Common Stock	08/03/2004		S		8,000	D	\$37.12	650	D	
Common Stock	08/03/2004		M		8,000	A	\$28.77	8,650	D	
Common Stock	08/03/2004		S		8,000	D	\$37.12	650	D	
Common Stock	08/03/2004		M		10,000	A	\$32.82	10,650	D	
Common Stock	08/03/2004		S		10,000	D	\$37.12	650	D	
Common Stock	08/03/2004		M		5,000	A	\$29.86	5,650	D	
Common Stock	08/03/2004		S		4,237	D	\$37.12	1,413	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
Option Right to Buy	\$27.1	08/03/2004		M			8,000	(1)	05/06/2011	Common Stock	8,000	\$0.00	0	D	
Option Right to Buy	\$28.77	08/03/2004		M			8,000	(2)	01/28/2012	Common Stock	8,000	\$0.00	4,000	D	
Option Right to Buy	\$32.82	08/03/2004		M			10,000	(3)	05/07/2012	Common Stock	10,000	\$0.00	5,000	D	
Option Right to Buy	\$29.86	08/03/2004		M			5,000	(4)	03/11/2013	Common Stock	5,000	\$0.00	10,000	D	

Explanation of Responses:

- The options vest in 3 equal installments beginning May 16, 2002.
- The options vest in 3 equal installments beginning January 28, 2003
- The options vest in 3 equal installments beginning May 7, 2003
- The options vest in 3 equal installments beginning March 11, 2004

Jodie Simon, Attorney-in-Fact 08/05/2004

** 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.

