

**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* <u>WETMORE DOUGLAS J</u>  (Last) (First) (Middle) 521 WEST 57TH STREET  (Street) NEW YORK NY 10019  (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>INTERNATIONAL FLAVORS &amp; FRAGRANCES INC [ IFF ]</u>	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)  Director 10% Owner Officer (give title below) Other (specify below)  X Senior VP & CFO
	3. Date of Earliest Transaction (Month/Day/Year) 11/06/2006	
4. If Amendment, Date of Original Filed (Month/Day/Year)		

**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	11/06/2006		M		44,000	A	\$32.82	104,118	D	
Common Stock	11/06/2006		M		25,000	A	\$29.86	129,118	D	
Common Stock	11/06/2006		S		100	D	\$45.66	129,018	D	
Common Stock	11/06/2006		S		100	D	\$45.69	128,918	D	
Common Stock	11/06/2006		S		100	D	\$45.68	128,818	D	
Common Stock	11/06/2006		S		200	D	\$45.61	128,618	D	
Common Stock	11/06/2006		S		200	D	\$45.51	128,418	D	
Common Stock	11/06/2006		S		500	D	\$45.73	127,918	D	
Common Stock	11/06/2006		S		600	D	\$45.67	127,318	D	
Common Stock	11/06/2006		S		700	D	\$45.41	126,618	D	
Common Stock	11/06/2006		S		1,000	D	\$45.38	125,618	D	
Common Stock	11/06/2006		S		1,000	D	\$45.46	124,618	D	
Common Stock	11/06/2006		S		1,800	D	\$45.7	122,818	D	
Common Stock	11/06/2006		S		1,800	D	\$45.4	121,018	D	
Common Stock	11/06/2006		S		2,500	D	\$45.31	118,518	D	
Common Stock	11/06/2006		S		2,600	D	\$45.45	115,918	D	
Common Stock	11/06/2006		S		2,600	D	\$45.65	113,318	D	
Common Stock	11/06/2006		S		4,000	D	\$45.6	109,318	D	
Common Stock	11/06/2006		S		4,500	D	\$45.3	104,818	D	
Common Stock	11/06/2006		S		4,900	D	\$45.35	99,918	D	
Common Stock	11/06/2006		S		5,300	D	\$45.72	94,618	D	
Common Stock	11/06/2006		S		6,300	D	\$45.71	88,318	D	
Common Stock	11/06/2006		S		7,900	D	\$45.49	80,418	D	
Common Stock	11/06/2006		S		8,200	D	\$45.47	72,218	D	
Common Stock	11/06/2006		S		9,700	D	\$45.48	62,518	D	
Common Stock	11/06/2006		S		12,400	D	\$45.5	50,118	D	

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

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1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	4. Deemed Execution Date, if any (Month/Day/Year)	5. Transaction Code (Instr. 8)		6. Number of Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	7. Date Exercisable and Expiration Date (Month/Day/Year)		8. Title of Underlying Derivative Security (Instr. 3 and 4)	9. Amount or Number of Shares	10. Price of Derivative Security (Instr. 5)	11. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	12. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	13. Nature of Indirect Beneficial Ownership (Instr. 4)
				(A)	(D)		Date Exercisable	Expiration Date						
Stock Options (right to buy)	\$29.86	11/06/2006		M		25,000	(1)	03/11/2013	Common Stock	25,000	\$0	25,000	D	
Stock Options (right to buy)	\$32.82	11/06/2006		M		44,000	(2)	05/07/2012	Common Stock	44,000	\$0	0	D	

**Explanation of Responses:**

- The options vested in 3 equal annual installments beginning March 11 2004.
- The options vested in 3 equal annual installments beginning May 7, 2003.

**Remarks:**

By: Dennis Meany, attorney in fact 11/07/2006

\*\* 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.

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