

INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF SECURITIES

OMB APPROVAL

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hours per response: 0.5Filed 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 and Address of Reporting Person* <u>Vaisman Herman</u> (Last) (First) (Middle) <u>INTERNATIONAL FLAVORS & FRAGRANCES INC.</u> <u>521 WEST 57TH STREET</u> (Street) <u>NEW YORK NY 10019</u> (City) (State) (Zip)	2. Date of Event Requiring Statement (Month/Day/Year) <u>10/01/2004</u>	3. Issuer Name and Ticker or Trading Symbol <u>INTERNATIONAL FLAVORS & FRAGRANCES INC [IFF]</u>	
		4. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <u>Regional Director</u>	5. 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 Beneficially Owned

1. Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
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Table II - Derivative Securities Beneficially Owned
(e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year)		3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)		4. Conversion or Exercise Price of Derivative Security	5. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	6. Nature of Indirect Beneficial Ownership (Instr. 5)
	Date Exercisable	Expiration Date	Title	Amount or Number of Shares			
Stock Options (right to buy)	(1)	03/13/2011	Common Stock	1,667	21.03	D	
Stock Options (right to buy)	(2)	01/28/2012	Common Stock	1,667	28.77	D	
Stock Options (right to buy)	(3)	05/07/2012	Common Stock	2,333	32.82	D	
Stock Options (right to buy)	(4)	02/24/2013	Common Stock	2,666	31.33	D	
Stock Options (right to buy)	(5)	03/11/2013	Common Stock	7,000	29.86	D	
Restricted Stock Units	02/23/2006	02/23/2014	Common Stock	994	(6)	D	

Explanation of Responses:

- Options vest in 3 equal annual installments beginning March 13, 2002.
- Options vest in 3 equal annual installments beginning January 28, 2003.
- Options vest in 3 equal annual installments beginning May 7, 2003.
- Options vest in 3 equal annual installments beginning February 24, 2004.
- Options vest in 3 equal annual installments beginning March 11, 2004.
- The restricted stock units convert to Common Stock on a one-for-one basis.

Dennis M. Meany, Attorney-in-
fact 10/01/2004

** 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 5 (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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