

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* WETMORE DOUGLAS J _____ (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) SVP and CFO
	3. Date of Earliest Transaction (Month/Day/Year) 11/15/2004	
	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 <input type="checkbox"/> 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	11/15/2004		M		45,125	A	\$34.56	71,382	D	
Common Stock	11/15/2004		M		4,175	A	\$29.86	75,557	D	
Common Stock	11/15/2004		S		3,300	D	\$40.9	72,257	D	
Common Stock	11/15/2004		S		1,500	D	\$40.91	70,757	D	
Common Stock	11/15/2004		S		4,900	D	\$40.92	65,857	D	
Common Stock	11/15/2004		S		32,000	D	\$40.95	33,857	D	
Common Stock	11/15/2004		S		500	D	\$40.96	33,357	D	
Common Stock	11/15/2004		S		800	D	\$40.98	32,557	D	
Common Stock	11/15/2004		S		900	D	\$40.99	31,657	D	
Common Stock	11/15/2004		S		400	D	\$41	31,257	D	
Common Stock	11/15/2004		S		200	D	\$41.01	31,057	D	
Common Stock	11/15/2004		S		100	D	\$41.02	30,957	D	
Common Stock	11/15/2004		S		1,600	D	\$41.04	29,357	D	
Common Stock	11/16/2004		M		10,700	A	\$29.86	40,057	D	
Common Stock	11/16/2004		S		7,200	D	\$40.9	32,857	D	
Common Stock	11/16/2004		S		300	D	\$40.91	32,557	D	
Common Stock	11/16/2004		S		200	D	\$40.92	32,357	D	
Common Stock	11/16/2004		S		400	D	\$40.93	31,957	D	
Common Stock	11/16/2004		S		100	D	\$40.94	31,857	D	
Common Stock	11/16/2004		S		400	D	\$40.96	31,457	D	
Common Stock	11/16/2004		S		100	D	\$40.97	31,357	D	
Common Stock	11/16/2004		S		200	D	\$40.98	31,157	D	
Common Stock	11/16/2004		S		100	D	\$40.99	31,057	D	
Common Stock	11/16/2004		S		100	D	\$41	30,957	D	
Common Stock	11/16/2004		S		1,400	D	\$41.01	29,557	D	
Common Stock	11/16/2004		S		200	D	\$41.02	29,357	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)	Table of Derivative Securities Acquired, Disposed of, or Exercised (e.g., Puts, Calls, Warrants, Options, Convertible Securities)	4. Transaction Code (Instr. 8)	5. Number of 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)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)		
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 Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	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)						
Options (Right to Buy)	\$34.56	11/15/2004		M		45,125	(1)	02/08/2010	Common Stock	45,125	\$0.00	14,875	D
Options (Right to Buy)	\$29.86	11/15/2004		M		4,175	(2)	03/11/2013	Common Stock	4,175	\$0.00	60,700	D
Options (Right to Buy)	\$29.86	11/16/2004		M		10,700	(3)	02/08/2010	Common Stock	10,700	\$0.00	50,000	D

Explanation of Responses:

- The options vest in 3 equal annual installments beginning February 8, 2001.
- The options vest in 3 equal annual installments beginning March 11, 2004.
- The options vest in 3 equal annual installments beginning March 11, 2004.

Jodie Simon Friedman,
Attorney-in-fact

11/17/2004

** 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.

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