FORM 5

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UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington,	$D \subset$	205/10
wasiiiigton,	D.C.	20549

OWNERSHIP

ANNUAL STATEMENT OF CHANGES IN BENEFICIAL

OMB APPR	OVAL
OMB Number:	3235-0362
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hours per response:	1.0

Bv 401k

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447

27,429

Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b) Form 3 Holdings Reported

> Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 Form 4 Transactions Reported or Section 30(h) of the Investment Company Act of 1940

Name and Address of Reporting Person* Chwat Anne			2. Issuer Name and Ticker or Trading Symbol INTERNATIONAL FLAVORS & FRAGRANCES INC [IFF]						ationship of Report (all applicable) Director Officer (give title below)	10 Oti	to Issuer % Owner ner (specify ow)	
(Last) 521 WEST 57TH	(First) H STREET	(Middle)	3. Statement for Issuer's Fiscal Year Ended (Month/Day/Year) 12/31/2012					SVP, GC, & Corp. Sec'y				
(Street) NEW YORK	NY	10019	4. If Amendment, Date of Original Filed (Month/Day/Year)					Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person				
(City)	(State)	(Zip)							Form filed by M Person	lore than One I	Reporting	
		Table I - Non-Deriv	ative Securiti	es Acquir	ed, Disposed	of, or	Benefic	ially	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 Dispos (D) (Instr. 3, 4 and 5) Amount (A) or Price				5. Amount of Securities Beneficially Owned at end of Issuer's Fiscal Year (Instr. 3 and	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		

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

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26(1)

(A) or (D)

Α

\$0.0000

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. Nur of Deriva Secur Acqui (A) or Dispo of (D) (Instr. and 5	ative rities ired sed	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)
					(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Stock Equivalent Unit	(2)	12/31/2012		A	54 ⁽³⁾		(4)	(4)	Common Stock	54	\$0.0000	2,713	D	

Explanation of Responses:

Common Stock

Common Stock

- 1. Acquired upon reinvestment of dividends under IFF's 401(k) Plan during 2012.
- 2. The Stock Units ("Units") convert to Common Stock on a one-for-one basis.
- 3. Units acquired upon reinvestment of dividends accrued on units in the IFF Stock Fund under the company's deferred compensation plan during 2012. The acquisition of units with reinvested dividends is exempt from line item reporting under SEC rule 16a-11.
- 4. Not applicable.

By: Jodie Simon Friedman, 02/14/2013 attorney in fact

** Signature of Reporting Person

Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

12/31/2012

- * 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.