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FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION																				
		Washington, D.C. 20549													(	OMB APPROVA		VAL		
Section 16. Form 4 or Form 5 obligations may continue. See						NT OF CHANGES IN BENEFICIAL OWNE d pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940													verage burde	3235-0287 n 0.5
1. Name and Address of Reporting Person* Berryman Kevin C (Last) (First) (Middle) 521 WEST 57TH STREET					<u>IN</u> <u>FF</u> 3. [	2. Issuer Name and Ticker or Trading Symbol INTERNATIONAL FLAVORS & FRAGRANCES INC [ IFF ] 3. Date of Earliest Transaction (Month/Day/Year) 11/15/2012										Relationship of Reporting Person(s) to Issuer heck all applicable) Director 10% Owner X Officer (give title Other (specify below) below) EVP & Chief Financial Officer			vner specify	
(Street) NEW Y(	NEW YORK NY 10019				4. 1	<ul> <li>4. If Amendment, Date of Original Filed (Month/Day/Year)</li> <li>6. Individual or Joint/Group Filing (Line)</li> <li>X Form filed by One Report Form filed by More than Or Person</li> </ul>								orting Perso	n					
Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned																				
1. Title of Security (Instr. 3) 2. Transa Date (Month/D						Execut			e, T Car) 8	Transaction Dispos Code (Instr. 5) 8)		Dispose	rities Acquired (A) o ed Of (D) (Instr. 3, 4 t (A) or Prio			Benefic Owned Report Transa	ies cially Following ed ction(s)	Forn (D) o	n: Direct or Indirect nstr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
Code       V       Findent       (D)       Findent       (Instr. 3 and 4)         Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)       Image: Code (Instr. 3 and 4)       Image: Code (Instr. 3 and 4)																				
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deeme Execution if any (Month/Day	Date,	4. Transactio Code (Inst 8)				6. Date Exercisable ar Expiration Date (Month/Day/Year)				7. Title and Amount of Securities Underlying Derivative Secur (Instr. 3 and 4)			8. Price of Derivative Security (Instr. 5)	9. Number derivative Securities Beneficiall Owned Following Reported Transactio (Instr. 4)	ly	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
					Code	v	(A)	(D)	Date Exerc	rcisable	Exp Dat	piration te	Title	0 N 0	lumber					
Stock Equivalent Unit	(1)	11/15/2012	11/19/2012		Α		66			(2)		(2)	Comm Stock		66	\$61.76	15,916	5	D	

Explanation of Responses:

1. The Stock Units ("Units") convert to Common Stock on a one-for-one basis.

2. Units under the Company's deferred compensation plan resulting from (a) deferral of compensation and Company match (in shares), (b) premium (in shares) to participants deferring compensation into Units and (c) dividends (in shares) on Units. 13 of the acquired Units are subject to vesting based on employment through December 31, 2013.

<u>By: Jodie Simon Friedman,</u>	11/19/2012		
<u>attorney in fact</u>	11/13/2012		
** 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.

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.