SEC	Form	4
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								Wash	ington, E).C. 2	20549)						OMB	APPRO	VAL
Section obligat	this box if no lo 16. Form 4 or ions may contir tion 1(b).		STAT		d purs	uant to	o Secti	on 16(a) of the	Seci	urities	s Exchai	IAL C	of 193		SHIP	Estim		er: verage burder sponse:	3235-0287 n 0.5
1. Name and Address of Reporting Person* Berryman Kevin C (Last) (First) (Middle)					IN FR	2. Issuer Name and Ticker or Trading Symbol <u>INTERNATIONAL FLAVORS &</u> <u>FRAGRANCES INC</u> [IFF] 3. Date of Earliest Transaction (Month/Day/Year)									(Cł	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner X Officer (give title Other (specify below) below)				
521 WEST 57TH STREET				09/30/2010											EVP & Chief Financial Officer					
(Street) NEW YC			10019 (Zip)	4. If Amendment, Date of Original Filed (Month/Day/Year)							Lin	Individual or Joint/Group Filing (Check Applicable ne) X Form filed by One Reporting Person Form filed by More than One Reporting Person								
		Tab	le I - Nor	-Deriv	ative	Sec	uritie	es Ac	cquire	d, D	Dispo	osed	of, or	Bene	eficia	lly Owne	əd			
1. Title of Security (Instr. 3) Date (Month/				ction 2A. Deemed Execution Date if any (Month/Day/Ye			e, Transaction Disposed Of (E Code (Instr. 5)				Of (D) (Instr. 3, 4 and E		d Securi Benefi Owned	Securities Fo Beneficially (D			7. Nature of Indirect Beneficial Ownership			
								Cod	de	v l	Amount) or))	Price	Transaction(s) (Instr. 3 and 4)				(Instr. 4)	
Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)																				
Derivative Conversion Date Ex Security or Exercise (Month/Day/Year) if a		3A. Deeme Execution if any (Month/Day	Date,		Transaction Code (Instr.				6. Date Exercisable Expiration Date (Month/Day/Year)		e and Amount of Securities Underlying Derivative Sec (Instr. 3 and 4)			8. Price of Derivative Security (Instr. 5)		ly	Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)		
					Code	v	(A)	(D)	Date Exercis	able	Exp Date	oiration e	Title	or Ni of	umber					
Stock Equivalent Unit	(1)	09/30/2010	10/01/2	010	A		97		(2)			(2)	Commo Stock	n	97	\$48.52	5,959		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. 19 of the acquired Units are subject to vesting based on employment through December 31, 2011.

<u>By: Dennis Meany, attorney in</u>	10/04/2010
fact	10/04/2010

** 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.