

**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* <u>BLOCK STEPHEN A</u>  (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 <u>INTERNATIONAL FLAVORS &amp; FRAGRANCES INC [ IFF ]</u>	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) <u>Senior Vice President</u>
	3. Date of Earliest Transaction (Month/Day/Year) 08/14/2003	
	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 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	08/14/2003		M		34,800	A	\$17.94	42,494	D	
Common Stock	08/14/2003		S		4,600	D	\$30.3	37,894	D	
Common Stock	08/14/2003		S		4,100	D	\$30.31	33,794	D	
Common Stock	08/14/2003		S		800	D	\$30.32	32,994	D	
Common Stock	08/14/2003		S		600	D	\$30.33	32,394	D	
Common Stock	08/14/2003		S		7,100	D	\$30.34	25,294	D	
Common Stock	08/14/2003		S		4,200	D	\$30.35	21,094	D	
Common Stock	08/14/2003		S		6,100	D	\$30.36	14,994	D	
Common Stock	08/14/2003		S		3,900	D	\$30.37	11,094	D	
Common Stock	08/14/2003		S		1,000	D	\$30.38	10,094	D	
Common Stock	08/14/2003		S		2,400	D	\$30.39	7,694	D	
Common Stock	08/15/2003		M		79,575	A	\$17.94	87,269	D	
Common Stock	08/15/2003		S		100	D	\$30.33	87,169	D	
Common Stock	08/15/2003		S		500	D	\$30.3	86,669	D	
Common Stock	08/15/2003		S		700	D	\$30.29	85,969	D	
Common Stock	08/15/2003		S		8,500	D	\$30.28	77,469	D	
Common Stock	08/15/2003		S		2,900	D	\$30.27	74,569	D	
Common Stock	08/15/2003		S		4,700	D	\$30.26	69,869	D	
Common Stock	08/15/2003		S		62,175	D	\$30.25	7,694	D	

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

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 Derivative 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) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code	V		Date Exercisable	Expiration Date						Title
Options (Right to Buy) <sup>(1)</sup>	\$17.94	08/14/2003		M		34,800	(2)	(3)	Common Stock	34,800	\$0.00	117,700	D	

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

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 Derivative 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) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Options (Right to Buy) <sup>(1)</sup>	\$17.94	08/15/2003		M			79,575	(2)	(3)	Common Stock	79,575	\$0.00	38,125 <sup>(4)</sup>	D	

**Explanation of Responses:**

- Stock options granted under Issuer's stock option plans.
- The options vest in four equal installments based on Issuer's Common Stock achieving certain pre-established price targets.
- The earlier of 11/14/07 or six months and one day after Issuer's Common Stock achieves a pre-established price target.
- The total number of derivative securities beneficially owned does not aggregate all options held by the reporting person. If all such options were aggregated the reporting person would have eleven separate option grants, at various option exercise prices and various expiration dates, covering an aggregate of 303,125 shares of Issuer's Common Stock.

Stephen A. Block

08/15/2003

\*\* 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.**