

INTERNATIONAL FLAVORS & FRAGRANCES INC.
1990 STOCK OPTION PLAN FOR NON-EMPLOYEE DIRECTORS
SUPPLEMENT TO PROSPECTUS DATED JUNE 2, 1992
AS AMENDED BY SUPPLEMENTS

DATED AUGUST 12, 1993, OCTOBER 5, 1995 AND AUGUST 26, 1997

The 39,000 shares of the Company's Common Stock in column (B) are covered by this Prospectus and are, or may be, offered by the Company's non-employee directors who, at the time of such offering, will have acquired said shares upon the exercise of options granted since August 26, 1997 under the Company's stock option plan for non-employee directors. The shares of the Company's Common Stock shown in column (A) below include 84,000 shares of Common Stock which the non-employee directors of the Company have (or will have as of 60 days after such date) the right to acquire under stock options granted by the Company.

Name	Position with Company within the past three years	Common Stock Which May be Sold	
		(A) Common Stock owned as of December 31, 1999	(B) Shares under options granted which may be offered for the selling shareholder's account
Margaret Hayes Adame	Director	12,000	6,000
Robin Chandler Duke	Director	20,000	6,000
Richard M. Furlaud	Director, Chairman of the Board and Chief Executive Officer since December 1999	63,250	6,000
Peter A. Georgescu	Director	1,000	3,000
George Rowe, Jr.	Director	7,025,239*	6,000
Henry P. van Ameringen	Director	7,944,376*	6,000
William D. Van Dyke, III	Director	7,295,493*	6,000

* See page 4 of the Company's Proxy Statement for 2000 Annual Meeting of Shareholders which is incorporated by reference herein for a further description of the shares of the Company's Common Stock beneficially owned by Messrs. Rowe, van Ameringen and Van Dyke. Their percentage of beneficial ownership stated in the proxy statement will remain unchanged after the sale of the shares in column (B) above.

This supplement is dated April 18, 2000