

OMB APPROVAL	
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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

1. Name and Address of Reporting Person* <u>Chwat Anne</u> _____ (Last) (First) (Middle) <u>521 WEST 57TH STREET</u> _____ (Street) <u>NEW YORK NY 10019</u> _____ (City) (State) (Zip)			2. Issuer Name and Ticker or Trading Symbol <u>INTERNATIONAL FLAVORS & 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>EVP, GC, & Corp. Sec'y</u>		
			3. Date of Earliest Transaction (Month/Day/Year) <u>04/03/2020</u>					
			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	04/03/2020		M		4,105 ⁽¹⁾	A	\$0 ⁽²⁾	45,019.754	D	
Common Stock	04/03/2020		F		2,148 ⁽³⁾	D	\$98.9	42,871.754	D	
Common Stock								4,570.412 ⁽⁴⁾	I	By 401k

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				
Purchased Restricted Stock Units	(2)	04/03/2020		M		4,105 ⁽¹⁾		04/03/2020	04/03/2020	Common Stock	4,105	(2)	0.0000	D	
Purchased Restricted Stock Units	(2)							04/01/2022	04/01/2022	Common Stock	4,135		4,135	D	
Purchased Restricted Stock Units	(2)							04/02/2021	04/02/2021	Common Stock	3,854		3,854	D	
Stock Equivalent Unit	(5)							(6)	(6)	Common Stock	4,646.253		4,646.253 ⁽⁷⁾	D	

Explanation of Responses:

- Reflects vesting of Purchased Restricted Stock Units ("PRSUs") granted on May 3, 2017 pursuant to the Equity Choice Program ("ECP").
- The Purchased Restricted Stock Units ("PRSUs") convert to Common Stock on a one-for-one basis.
- Reflects shares withheld for taxes payable upon the vesting of PRSUs.
- Includes shares acquired during the period pursuant to a dividend reinvestment plan. The transactions were exempt pursuant to Rule 16a-11.
- The Stock Units ("Units") convert to Common Stock on a one-for-one basis.
- The Units are payable in Common Stock upon earlier of termination of employment or January 1 following retirement.
- Includes Units acquired during the period upon reinvestment of dividends under the Company's deferred compensation plan during 2020. The transactions were exempt pursuant to Rule 16a-11.

/s/ Nanci Prado, attorney in fact 04/07/2020

** 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.