SEC For	m 4 F ORM 4	4	UNITED	STATI	ES SE	ECURIT	TIES	S AND) EX		GE CC	MMI	SION				
								ion, D.C. 2							ОМВ	APPRO	/AL
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									HIP	Estima	Estimated average burden		3235-0287 0.5
1. Name and Address of Reporting Person [*] Fibig Andreas					2. Issuer Name and Ticker or Trading Symbol INTERNATIONAL FLAVORS & FRAGRANCES INC [IFF]								Relationship o leck all applio X Directo	able)	Reporting Person(s) to Is le) 10% C		
(Last) (First) (Middle) 521 WEST 57TH STREET					3. Date of Earliest Transaction (Month/Day/Year) 07/30/2020								X Officer (give title Other (specify below) CEO				
(Street) NEW YORK NY 10019					4. If Amendment, Date of Original Filed (Month/Day/Year)								6. Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person				
(City)	(S	state)	(Zip)										Form f Persor		re than	One Repor	ting
		Та	ble I - Non	-Deriva	tive S	ecurities	Acc	quired,	Disp	oosed of	, or Ben	eficial	ly Owned				
1. Title of Security (Instr. 3)				2. Transaction Date (Month/Day/Year)		2A. Deemed Execution Date, if any (Month/Day/Year)		Transaction		4. Securities Acquired (A) Disposed Of (D) (Instr. 3, 4 5)			Beneficia Owned F	s ally ollowing	Form (D) or	: Direct r Indirect str. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
								Code	v	Amount	(A) or (D)	Price	Transact	Reported Transaction(s) (Instr. 3 and 4)			
Common Stock													64,73	84.539		D	
			Table II - D										Owned				I
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)		e.g., pu te, 4. Tran Cod		5. Number 5. Number Derivative Securities Acquired or Dispos of (D) (Ins 4 and 5)	r of (A)	option	IS, C Exercis	onvertib sable and e		d Amoun ies g Security	8. Price of Derivative Security		re es ally g	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
Derivative Security	Conversion or Exercise Price of Derivative	Date	(3A. Deemed Execution Da if any	e.g., pu te, 4. Tran Cod	ts, cal	5. Number Derivative Securities Acquired or Dispos of (D) (Ins	r of (A)	6. Date E	IS, C Exercise on Dat Day/Ye	onvertib sable and e	le secui 7. Title an of Securit Underlyin Derivative	d Amoun ies g Security	8. Price of Derivative Security (Instr. 5)	derivative Securitie Beneficia Owned Following	re es ally g d	Ownership Form: Direct (D) or Indirect	of Indirect Beneficial Ownership
Derivative Security	Conversion or Exercise Price of Derivative	Date	(3A. Deemed Execution Da if any	e.g., pu te, 4. Tran Cod 8)	ts, cal	Is, warra 5. Number Derivative Securities Acquired or Dispos of (D) (Ins 4 and 5)	r of (A) ed str. 3,	Option 6. Date E Expiratio (Month/D	IS, C Exercise on Dat Day/Ye	onvertib sable and e ar) Expiration	le secui 7. Title an of Securit Underlyin Derivative (Instr. 3 an	rities) d Amoun ies g Security nd 4) Amoun or Number of	8. Price of Derivative Security (Instr. 5)	derivative Securitie Beneficia Owned Following Reported Transacti	e ally g d ion(s)	Ownership Form: Direct (D) or Indirect	of Indirect Beneficial Ownership
Derivative Security (Instr. 3)	Conversion or Exercise Price of Derivative Security	Date (Month/Day/Year)	(3A. Deemed Execution Da if any	e.g., pu te, 4. Trai Cot 8)	ts, cal	Is, warra 5. Number Derivative Securities Acquired or Dispos of (D) (Ins 4 and 5) (A)	r of (A) ed str. 3,	6. Date E Expiratio (Month/D Date Exercisa	ble	onvertib sable and e ar) Expiration Date	le securi 7. Title an of Securit Underlyin Derivative (Instr. 3 au Title	rities) d Amoun ies g Security nd 4) Amoun or Number of Shares	t 8. Price of Derivative Security (Instr. 5) security (Instr. 5) security (Instr. 5)	derivative Securitie Beneficia Owned Following Reported Transacti (Instr. 4)	e es ally g 1 ion(s)	Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	of Indirect Beneficial Ownership
Derivative Security (Instr. 3)	Conversion or Exercise Price of Derivative Security (1)	Date (Month/Day/Year)	(3A. Deemed Execution Da if any	e.g., pu te, 4. Trai Cot 8)	ts, cal	Is, warra 5. Number Derivative Securities Acquired or Dispos of (D) (Ins 4 and 5) (A)	r of (A) ed str. 3,	Option 6. Date E Expiratio (Month/D Date Exercisa (3)	ble	onvertib sable and e ar) Expiration Date	le secui 7. Title an of Securit Underlyin Derivative (Instr. 3 ar Title Common Stock	rities) d Amoun ies g Security nd 4) Amoun or Number of Shares 187.14	t 8. Price of Derivative Security (Instr. 5) security \$124.49	derivatiw Securitie Beneficie Owned Followin Reported Transact (Instr. 4) 56,841.	re es ally g tion(s) .072	Direct (D) or Indirect (I) (Instr. 4)	of Indirect Beneficial Ownership
Derivative Security (Instr. 3) Stock Equivalent Unit Purchased Restricted Stock Units Prechased Restricted	Conversion or Exercise Price of Derivative Security (1) (4)	Date (Month/Day/Year)	(3A. Deemed Execution Da if any	e.g., pu te, 4. Trai Cot 8)	ts, cal	Is, warra 5. Number Derivative Securities Acquired or Dispos of (D) (Ins 4 and 5) (A)	r of (A) ed str. 3,	Option 6. Date Expiration (Month/D Date Exercisa (3) 04/01/20	bble	onvertib sable and e art) Expiration Date (3) 04/01/2022	le secui 7. Title an of Securit Underlyin Derivative (Instr. 3 au Title Common Stock Common	rities) d Amoun ies g security nd 4) Amoun or Numbel of Shares 187.11 20,020	8. Price of Derivative Security (Instr. 5) 8. Price of Derivative Security (Instr. 5)	derivativ Securitie Beneficio Owned Following Reported Transact (Instr. 4) 56,841.	e ess ally g ion(s) .072 226	Direct (D) or Indirect (D) or Indirect (I) (Instr. 4)	of Indirect Beneficial Ownership
Derivative Security (Instr. 3) Stock Equivalent Unit Purchased Restricted Stock Units Purchased Restricted Stock Units	Conversion or Exercise Price of Derivative Security (1) (4) (4)	Date (Month/Day/Year)	(3A. Deemed Execution Da if any	e.g., pu te, 4. Trai Cot 8)	ts, cal	Is, warra 5. Number Derivative Securities Acquired or Dispos of (D) (Ins 4 and 5) (A)	r of (A) ed str. 3,	Option 6. Date Expiratio (Month/D Date Exercisa (3) 04/01/20 04/02/20	bble	onvertib sable and e ar) Expiration Date (3) 04/01/2022 04/02/2021	le secui 7. Title an of Securit UnderJyin Derivative (Instr. 3 au Title Common Stock Common Stock	rities) d Amoun ies g e Security nd 4) Amoun or Number of Shares 187.11 20,020	8. Price of Derivative Security (Instr. 5) 8. Price of Derivative Security (Instr. 5)	derivativ Securitie Beneficie Owned Following Reported Transact (Instr. 4) 56,841. 20,02	e essault essault i on (s) 072 26 13 39	Direct (D) or Indirect (I) (Instr. 4)	of Indirect Beneficial Ownership

Explanation of Responses:

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

2. Reflects units under the Company's deferred compensation plan resulting from deferral of compensation, a Company match and a 25% premium contributed by the Company on such Units. In accordance with the plan, the units contributed by the Company are subject to vesting based on continued employment.

3. The Units are payable in Common Stock upon earlier of termination of employment or January 1 following retirement.

4. The Purchased Restricted Stock Units ("PRSUs") convert to Common Stock on a one-for-one basis.

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

/s/ Nanci Prado, attorney in fact 07/30/2020

** 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.