

**STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP**

| OMB APPROVAL                                 |           |
|----------------------------------------------|-----------|
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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

|                                                                                                                                                                                       |                                                                                                          |                                                                                                                                                                                          |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Name and Address of Reporting Person*<br><u>Chwat Anne</u><br><br>(Last) (First) (Middle)<br>521 WEST 57TH STREET<br><br>(Street)<br>NEW YORK NY 10019<br><br>(City) (State) (Zip) | 2. Issuer Name and Ticker or Trading Symbol<br><u>INTERNATIONAL FLAVORS &amp; FRAGRANCES INC [ IFF ]</u> | 5. Relationship of Reporting Person(s) to Issuer (Check all applicable)<br>Director 10% Owner<br>X Officer (give title below) Other (specify below)<br><u>EVP, GC, &amp; Corp. Sec'y</u> |
|                                                                                                                                                                                       | 3. Date of Earliest Transaction (Month/Day/Year)<br>09/30/2019                                           |                                                                                                                                                                                          |
|                                                                                                                                                                                       | 4. If Amendment, Date of Original Filed (Month/Day/Year)                                                 |                                                                                                                                                                                          |

**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                    |                                      |                                                    |                                |   |                                                                   |            |       | 38,873.034                                                                                    | D                                                        |                                                       |
| Common Stock                    |                                      |                                                    |                                |   |                                                                   |            |       | 4,484.078                                                                                     | 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 |                                            |                                                                                                    |                                                           |                                                        |
| Stock Equivalent Unit                      | (1)                                                    | 09/30/2019                           |                                                    | A                              |   | 25.736 <sup>(2)</sup>                                                                  |     | (3)                                                      | (3)             | Common Stock                                                                      | 25.736                     | \$122.69                                   | 6,820.78                                                                                           | D                                                         |                                                        |
| Purchased Restricted Stock Units           | (4)                                                    |                                      |                                                    |                                |   |                                                                                        |     | 04/01/2022                                               | 04/01/2022      | Common Stock                                                                      | 4,135                      |                                            | 4,135                                                                                              | D                                                         |                                                        |
| Purchased Restricted Stock Units           | (4)                                                    |                                      |                                                    |                                |   |                                                                                        |     | 04/02/2021                                               | 04/02/2021      | Common Stock                                                                      | 3,854                      |                                            | 3,854                                                                                              | D                                                         |                                                        |
| Purchased Restricted Stock Units           | (4)                                                    |                                      |                                                    |                                |   |                                                                                        |     | 04/03/2020                                               | 04/03/2020      | Common Stock                                                                      | 4,105                      |                                            | 4,105                                                                                              | D                                                         |                                                        |

**Explanation of Responses:**

- The Stock Units ("Units") convert to Common Stock on a one-for-one basis.
- Reflects Units under the Company's deferred compensation plan resulting from deferral of compensation and the 25% premium contributed by the Company on such Units. Units contributed by the Company are subject to vesting based on continued employment through December 31, 2020.
- The Units are payable in Common Stock upon earlier of termination of employment or January 1 following retirement.
- The Purchased Restricted Stock Units ("PRSU's") convert to Common Stock on a one-for-one basis.

/s/ Nanci Prado, attorney in fact 10/02/2019

\*\* 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.

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