## FORM 4

obligations may continue. See Instruction 1(b).

Check this box if no longer subject to Section 16. Form 4 or Form 5

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF	F CHANGES IN	BENEFICIAL	OWNERSHIP

OMB APPROVAL

OMB Number: 3235-0287

Estimated average burden

0.5

hours per response:

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

Name and Address of Reporting Person*     Yep Gregory L					2. Issuer Name and Ticker or Trading Symbol INTERNATIONAL FLAVORS & FRAGRANCES INC [ IFF ]									(Ched	ck all applic Directo	onship of Reporting Pe all applicable) Director Officer (give title below) EVP, Chief Scient		son(s) to Iss 10% Ov Other (s	/ner
(Last) (First) (Middle) 521 WEST 57TH STREET				3. Date of Earliest Transaction (Month/Day/Year) 07/01/2016									X	below)	below)				
(Street)  NEW Y(			10019 (Zip)		4. If <i>i</i>	Amer	ndment,	Date	of Original	Filed	(Month/Da	ay/Year)		6. Ind Line) X	Form f	iled by One iled by Mor	e Rep	g (Check Ap orting Perso n One Repo	n
Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned																			
1. Title of Security (Instr. 3)  2. Transa Date (Month/D				Execution Date,		Code (I		Dispose	(A) or (D) Price		and	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)			
	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)	erivative   Conversion   Date   Execution Date,   curity   or Exercise   (Month/Day/Year)   if any			ate, Ti	Transaction of Code (Instr. Derivative		tive ties ed sed	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		9	3. 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)		
				С	ode	v	(A)	(D)	Date Exercisabl		xpiration ate	Title	Amou or Numl of Share	ber					
Restricted Stock	(1)	07/01/2016			A		1,389		06/01/2019	9 0	6/01/2019	Common Stock	1,38	39	\$0.0000	1,389		D	

## **Explanation of Responses:**

1. The Restricted Stock Units ("RSU's") convert to Common Stock on a one-for-one basis. The RSU's vest on June 1, 2019.

Nanci Prado, attorney in fact 07/05/2016

\*\* 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.