

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>Fibig Andreas</u>			2. Issuer Name and Ticker or Trading Symbol <u>INTERNATIONAL FLAVORS &amp; FRAGRANCES INC [ IFF ]</u>			5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input checked="" type="checkbox"/> Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <b>CEO</b>		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) <u>05/06/2020</u>			6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person		
<u>521 WEST 57TH STREET</u>			4. If Amendment, Date of Original Filed (Month/Day/Year)					
(Street) <u>NEW YORK NY 10019</u>								
(City) (State) (Zip)								

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			
<u>Common Stock</u>								<u>64,342.111</u>	<u>D</u>	

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				
<u>Purchased Restricted Stock Units</u>	<u>(1)</u>	<u>05/06/2020</u>		<u>A</u>		<u>19,639</u> <sup>(2)</sup>		<u>04/06/2023</u>	<u>04/06/2023</u>	<u>Common Stock</u>	<u>19,639</u>	<u>\$0.0000</u>	<u>19,639</u>	<u>D</u>	
<u>Restricted Stock Units</u>	<u>(3)</u>	<u>05/06/2020</u>		<u>A</u>		<u>7,013</u> <sup>(4)</sup>		<u>04/06/2023</u>	<u>04/06/2023</u>	<u>Common Stock</u>	<u>7,013</u>	<u>\$0.0000</u>	<u>7,013</u>	<u>D</u>	
<u>Purchased Restricted Stock Units</u>	<u>(1)</u>							<u>04/01/2022</u>	<u>04/01/2022</u>	<u>Common Stock</u>	<u>20,026</u>		<u>20,026</u>	<u>D</u>	
<u>Purchased Restricted Stock Units</u>	<u>(1)</u>							<u>04/02/2021</u>	<u>04/02/2021</u>	<u>Common Stock</u>	<u>21,413</u>		<u>21,413</u>	<u>D</u>	
<u>Restricted Stock Units</u>	<u>(3)</u>							<u>04/01/2022</u>	<u>04/01/2022</u>	<u>Common Stock</u>	<u>4,172</u>		<u>4,172</u>	<u>D</u>	
<u>Stock Equivalent Unit</u>	<u>(5)</u>							<u>(6)</u>	<u>(6)</u>	<u>Common Stock</u>	<u>55,348.786</u>		<u>55,348.786</u>	<u>D</u>	

Explanation of Responses:

- The Purchased Restricted Stock Units ("RSUs") convert to Common Stock on a one-for-one basis.
- Represents matching grant of Purchased Restricted Stock Units ("RSUs") under the Equity Choice Program, all of which will vest on April 6, 2023.
- The Restricted Stock Units ("RSUs") convert to Common Stock on a one-for-one basis.
- Represents RSUs granted under the Equity Choice Program.
- The Stock Equivalent 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.

/s/ Nanci Prado, attorney in fact 05/08/2020

\*\* 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.