SEC Form 4	
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FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549 STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL

OMB Number:	3235-0287
Estimated average b	urden
hours per response:	0.5

Section obligat	this box if no lo n 16. Form 4 or tions may contin ction 1(b).	onger subject to Form 5 nue. See	STATE		pursuan	t to Section	16(a)) of the Se	ecuriti	es Exchang	ge Act of 19	_	HIP	Estim		er: werage burde esponse:	3235-0287 n 0.5	
1. Name and Address of Reporting Person [*] Anderson Robert G.					or Section 30(h) of the Investment Company Act of 1940 2. Issuer Name and Ticker or Trading Symbol INTERNATIONAL FLAVORS & FRAGRANCES INC [IFF]							(Ch	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner					
(Last) (First) (Middle) 521 WEST 57TH STREET					3. Date of Earliest Transaction (Month/Day/Year) 03/13/2020								X Officer (give title Other (specify below) below) Controller					
(Street) <u>NEW YORK</u> NY 10019 (City) (State) (Zip)					4. If Amendment, Date of Original Filed (Month/Day/Year)							Line	6. Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person					
		Та	ble I - Non-E	eriva	tive S	ecurities	Acc	quired,	Disp	osed of	f, or Ben	eficiall	y Owned					
1. Title of Security (Instr. 3) 2. Transa Date (Month/I				ate	Execution Date,			Code (Transaction Disposed Of (D) (Instr. 3, 4 Code (Instr. 5)				Beneficially Owned Following		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	Reported Transaction(s) (Instr. 3 and 4)				(1150. 4)	
Common	Common Stock											12,85	12,853.717		D			
			Table II - De										Owned					
1. Title of Derivative Security (Instr. 3)	2.		-	y., pu	is, cai	5. Number of Derivative		Options, converti 6. Date Exercisable and Expiration Date (Month/Day/Year)		Unvertin	ie secui	niesj		9. Number derivative Securities Beneficial Owned Following Reported				
	Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date if any (Month/Day/Yea	Cod	isaction e (Instr.	Derivative Securities Acquired or Dispos of (D) (Ins	e s (A) sed str.	Expiratio	n Dat	e	7. Title and of Securiti Underlying Derivative (Instr. 3 an	es J Security	8. Price of Derivative Security (Instr. 5)	derivativ Securitie Beneficia Owned Followin Reported	ve es ally Ig d	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership (Instr. 4)	
	or Exercise Price of Derivative	Date	Execution Date	Tran Cod	e (Instr.	Derivative Securities Acquired or Dispos of (D) (Ins	e s (A) sed str.	Expiratio	on Dati Day/Ye	e	of Securiti Underlying Derivative	es J Security	Derivative Security	derivativ Securitie Beneficia Owned Followin	ve es ally ng d tion(s)	Ownership Form: Direct (D) or Indirect	of Indirect Beneficial Ownership (Instr. 4)	
	or Exercise Price of Derivative	Date	Execution Date	r) Tran Cod r) 8)	e (Instr.	Derivative Securities Acquired or Dispos of (D) (Ins 3, 4 and 5	e s (A) sed str.)	Expiratio (Month/D	on Dati Day/Ye	e ar) Expiration	of Securiti Underlying Derivative (Instr. 3 an	es Security d 4) Amount or Number of	Derivative Security	derivativ Securitie Beneficia Owned Following Reported Transact	ve es ally ng d tion(s)	Ownership Form: Direct (D) or Indirect	of Indirect Beneficial Ownership (Instr. 4)	
(Instr. 3) Stock Equivalent	or Exercise Price of Derivative Security	Date (Month/Day/Year)	Execution Date	Cod	e (Instr.	Derivative Securities Acquired or Dispos of (D) (Ins 3, 4 and 5 (A)	e s (A) sed str.)	Expiratic (Month/D Date Exercisa	ble	e ar) Expiration Date	of Securiti Underlying Derivative (Instr. 3 an Title	es Security d 4) Amount or Number of Shares	Derivative Security (Instr. 5)	derivativ Securitie Beneficia Owned Followin Reported Transact (Instr. 4)	re es ally d tion(s)	Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	of Indirect Beneficial Ownership (Instr. 4)	
(Instr. 3) Stock Equivalent Unit Purchased Restricted Stock	or Exercise Price of Derivative Security (1)	Date (Month/Day/Year)	Execution Date	Cod	e (Instr.	Derivative Securities Acquired or Dispos of (D) (Ins 3, 4 and 5 (A)	e s (A) sed str.)	Expiratic (Month/D Date Exercisa (3)	ble	e ar) Expiration Date (3)	of Securiti Underlying Derivative (Instr. 3 an Title Common Stock	es Security d 4) Amount or Number of Shares 11.072	Derivative Security (Instr. 5)	derivativ Securitie Beneficia Owned Followin Reportec Transact (Instr. 4)	re es ally ng d tion(s) 177	Dwnership Form: Direct (D) or Indirect (I) (Instr. 4)	of Indirect Beneficial Ownership (Instr. 4)	
(Instr. 3) Stock Equivalent Unit Purchased Restricted Stock Purchased Restricted Stock	or Exercise Price of Derivative Security (1) (4)	Date (Month/Day/Year)	Execution Date	Cod	e (Instr.	Derivative Securities Acquired or Dispos of (D) (Ins 3, 4 and 5 (A)	e s (A) sed str.)	Expiratic (Month/E Date Exercisa (3) 04/01/20	ble	e ar) Expiration Date (3) 04/01/2022	of Securiti Underlying Derivative (Instr. 3 an Title Common Stock Common	es Security dd 4) Amount or Number of Shares 11.072 1,741	Derivative Security (Instr. 5)	derivativ Securitie Beneficio Owned Followin Reported Transact (Instr. 4) 4,864.	ve es ally g d tion(s) 177 41	Dwnership Form: Direct (D) or Indirect (I) (Instr. 4) D	of Indirect Beneficial Ownership (Instr. 4)	

1. The Stock 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 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, 2021.

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.

/s/ Nanci Prado, attorney in fact 03/17/2020

** 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.