SEC Form 4	
------------	--

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

APPROVAL
APPROVAL

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

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

FORM 4

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

1. Name and Address of Reporting Person* 2. Issuer Name and Ticker or Trading Symbol <u>INTERNATIONAL FLAVORS</u> <u>FRAGRANCES INC</u> [IFF]			ORS &			ationship of Reportin k all applicable) Director Officer (give title below)	10% 0	Owner (specify				
(Last) 521 WEST 57T	(First) H STREET	(Middle)		3. Date of Earliest Transaction (Month/Day/Year) 04/06/2023					President, Scent			
(Street) NEW YORK	NY	10019	4. If Ar	4. If Amendment, Date of Original Filed (Month/Day/Year)			6. Indi Line) X	ividual or Joint/Group Filing (Check Applicable Form filed by One Reporting Person Form filed by More than One Reporting		on		
(City)	(State)	(Zip)								Person		
Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned												
Date		2. Transaction Date (Month/Day/Year)	Execution Date,		3. Transaction Code (Instr.4. Securities Acquired (A) Disposed Of (D) (Instr. 3, 5)8)			5. Amount of Securities Beneficially Owned Following Reported	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	Transaction(s) (Instr. 3 and 4)		(
Common Stock			04/06/2023		М		1,188	A	\$0 ⁽¹⁾	10,152	D	

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities) 1. Title of 6. Date Exercisable and 9. Number of 11. Nature 3. Transaction 3A. Deemed 5. Number of 7. Title and 8. Price of 10. Amount of Securities Underlying Derivative Security Derivative Securities Derivative Conversion Date Execution Date Transaction Expiration Date Derivative derivative Ownership of Indirect Security (Instr. 3) or Exercise Price of if any (Month/Day/Year) Code (Instr. 8) Security (Instr. 5) Form: Direct (D) (Month/Day/Year) (Month/Day/Year) Securitie Beneficial Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) Ownership Beneficially Owned Following Reported Transaction(s) Derivative or Indirect (Instr. 4) Security (Instr. 3 and 4) (I) (Instr. 4) Amount (Instr. 4) or Number Date Expiration Date of Code v (A) (D) Exercisable Title Shares Purchased Restricted (1) 04/06/2023 1,188⁽³⁾ Commoi 0.0000 м 04/06/2023 04/06/2023 1,188 \$0.0000 D Stock Stock Units Restricted Commor (2) 04/06/2023 **913**⁽⁴⁾ 04/06/2023 04/06/2023 913 \$0.0000 0.0000 D Μ Stock Stock Units

М

913

Explanation of Responses:

Common Stock

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

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

3. Reflects vesting of PRSUs granted on May 4, 2022 pursuant to the Equity Choice Plan.

4. Reflects vesting and settlement of RSUs granted on September 1, 2021.

/s/ Jennifer Johnson, attorney in 04/10/2023

fact

** Signature of Reporting Person Date

\$0⁽²⁾

Α

11,065

D

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).

04/06/2023

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.