

| OMB APPROVAL                                 |           |
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**STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP**

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>MIRZAYANTZ NICOLAS</u><br><br>(Last) (First) (Middle)<br><u>521 WEST 57TH STREET</u><br><br>(Street)<br><u>NEW YORK NY 10019</u><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><input checked="" type="checkbox"/> Officer (give title below) _____ Other (specify below) _____<br><u>President, Nourish</u> |
|   | 3. Date of Earliest Transaction (Month/Day/Year)<br><u>12/31/2022</u>                                    |  |
| 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 Beneficial Ownership (Instr. 4) |
|---------------------------------|--------------------------------------|--|--------------------------------|---|---|------------|-------|---|--|--|
|                                 |                                      |  | Code                           | V | Amount  | (A) or (D) | Price |   |  |  |
| Common Stock                    |                                      |  |                                |   |   |            |       | 38,129  | D  |  |

**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 |
| Purchased Restricted Stock Units           | (1)  | 12/31/2022                           |  | D                              |   |  | 1,962 <sup>(2)</sup> | 04/05/2024   | 04/05/2024      | Common Stock  | 1,962 <sup>(3)</sup>                       | \$0.0000   | 2,600   | D  |       |
| Restricted Stock Units                     | (4)  | 12/31/2022                           |  | D                              |   |  | 1,843                | 05/05/2024   | 05/05/2024      | Common Stock  | 1,843 <sup>(3)</sup>                       | \$0.0000   | 1,701   | D  |       |

**Explanation of Responses:**

- The Purchased Restricted Stock Units ("RSUs") convert to Common Stock on a one-for-one basis.
- Represents matching grant of RSUs under the Equity Choice Program, all of which would have vested on April 5, 2024.
- Both PSUs and RSUs have been awarded by the Company pro rata in connection with the time the reporting person was with the Company, the rest were disposed of by the Company.
- The Restricted Stock Units ("RSUs") convert to Common Stock on a one-for-one basis.

**Remarks:**

This "Exit" Form 4 is voluntarily filed to report that the Reporting Person is no longer serving in the role as President of the Company's Nourish Division, effective as of December 31, 2022, and therefore is no longer subject to Section 16 reporting.

/s/ Jennifer Johnson, attorney in fact 01/06/2023

\*\* 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.