

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* <u>Suarez Gonzalez Susana</u> (Last) (First) (Middle) <u>521 WEST 57TH STREET</u> (Street) <u>NEW YORK NY 10019</u> (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>INTERNATIONAL FLAVORS & FRAGRANCES INC [IFF]</u>	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <u>EVP, Chief HR Officer</u>
	3. Date of Earliest Transaction (Month/Day/Year) <u>05/06/2020</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 Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock								5,766	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)	05/06/2020		A		1,085 ⁽²⁾		04/06/2023	04/06/2023	Common Stock	1,085	\$0.0000	1,085	D	
Restricted Stock Units	(3)	05/06/2020		A		1,808 ⁽⁴⁾		04/06/2023	04/06/2023	Common Stock	1,808	\$0.0000	1,808	D	
Stock Settled Appreciation Rights	\$131.31	05/06/2020		A		4,521		04/06/2023	05/06/2027	Common Stock	4,521	\$0.0000	4,521	D	
Purchased Restricted Stock Units	(1)							04/01/2022	04/01/2022	Common Stock	620		620	D	
Purchased Restricted Stock Units	(1)							04/02/2021	04/02/2021	Common Stock	963		963	D	
Restricted Stock Units	(3)							04/01/2022	04/01/2022	Common Stock	2,412		2,412	D	
Restricted Stock Units	(3)							04/02/2021	04/02/2021	Common Stock	1,606		1,606	D	
Stock Settled Appreciation Rights	\$137.82							04/01/2022	05/01/2026	Common Stock	2,585		2,585	D	
Stock Settled Appreciation Rights	\$140.1							04/02/2021	05/02/2025	Common Stock	4,015		4,015	D	

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.

/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.