SEC For	rm 4																			
	FORM	4 (UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549														OMB APPROVAL			
Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See					ENT (OF	CHA	NG	ES IN	BE	SHIP	OMB Number: 3235-0287 Estimated average burden hours per response: 0.5								
						suant Secti	to Sectionion 30(h)	on 16(of the	a) of the S Investme	ecuri nt Co	ities Exchan ompany Act	34								
1. Name and Address of Reporting Person [*] Palau Hernandez Margarita					IN	2. Issuer Name and Ticker or Trading Symbol INTERNATIONAL FLAVORS & FRAGRANCES INC [IFF]									Relationship leck all appli	cable) or	ng Per	son(s) to Is 10% O Other (wner	
(Last) 521 WES	(Last) (First) (Middle) 521 WEST 57TH STREET				3. Date of Earliest Transaction (Month/Day/Year) 07/01/2024										Officer (give title Other (s below) below)					
(Street) NEW YORK NY 10019					_ 4.1	Line)											oint/Group Filing (Check Applicable ed by One Reporting Person ed by More than One Reporting			
(City)	(City) (State) (Zip) Rule 10b5-1(c) Transaction Indication Image: Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.															ed to				
Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned																				
1. Title of Security (Instr. 3) 2. Transa Date (Month/D					ear)	Executio if any	. Deemed ecution Date, any onth/Day/Year)		Transaction Dispose Code (Instr. 5)		ities Acquired (A) or d Of (D) (Instr. 3, 4 and			Benefici	es ally Following	Forn (D) o	wnership n: Direct or Indirect nstr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
								v	Amount	(A) or (D) Pr		Price	Transac (Instr. 3	tion(s)			(1130. 4)			
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. Deeme Execution if any (Month/Da	Date,	4. Transaction Code (Instr. 8)				6. Date E Expiratio (Month/D	n Dat	e	7. Title and Amount of Securities Underlying Derivative Securi (Instr. 3 and 4)			8. Price of Derivative Security (Instr. 5)	9. Numbe derivative Securities Beneficia Owned Following Reported Transacti (Instr. 4)	e s illy J	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership (Instr. 4)	
					Code	v	(A)	(D)	Date Exercisal		Expiration Date	Title	0 N 0	lumber						
Restricted Stock Units	(1)	07/01/2024			Α		1,543		05/01/20	25	05/01/2025	Commo Stock	n	1,543	\$0.0000	1,543	3	D		

Explanation of Responses:

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

/s/ Jennifer Johnson, attorney 07/02/2024

in fact

** 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.