SEC Form 4	
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FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB APPROVAL OMB Number: 3235-0287 Estimated average burden

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obligations may continue. See Instruction 1(b).	

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934

2. Issuer Name and Ticker or Trading Symbol INTERNATIONAL FLAVORS &				ole)	1 613011	(s) to Issue					
FRAGRANCES INC [IFF]		X	Director Officer (gi	ive title		10% Ov Other (s					
3. Date of Earliest Transaction (Month/Day/Year) 01/24/2023						below)					
4. If Amendment, Date of Original Filed (Month/Day/Year)				d by One	Reporti	ng Person	,				
Form filed by More than One Reporting Person					ing Person						
urities Acquired, Dis	posed of, or Bene	icially C	wned								
A. Deemed 3. A. Deemed 3. Transaction Code (Instr. 8)	4. Securities Acquired (Disposed Of (D) (Instr. 3	() or 4 and 5)	5) Securities Form: Direct Indire Beneficially Owned (D) or Indirect Beneficially Owned (I) (Instr. 4) Owned		7. Nature of Indirect Beneficial Ownership (Instr. 4)						
Code V	Amount (A) or (D)	Price	Transaction				(IIISU: 4)				
М	2,209.638 A	\$0 ⁽¹⁾	9,877.	.638		D					
Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)											
ivative Expiration Dat	Expiration Date Securities (Month/Day/Year) Derivative		Derivative Security (Instr. 5) Benefic Owned Followin		ative Ownership of Indire rities Form: Benefici ficially Direct (D) Ownersi ed or Indirect (Instr. 4) wing (I) (Instr. 4)		Beneficial Ownership (Instr. 4)				
(D) Date Exercisable	Expiration	umber of	Transa		tion(s)						
2,209.638 ⁽²⁾ (1)	(1) Common Stock 2	,209.638	\$0.0000	0.000	00	D					
Ima in the second secon	ent, Date of Original Filed rities Acquired, Dis Deemed sution Date, y th//Day/Year) Code (Instr. 8) Code V M ties Acquired, Disp warrants, options, of the Exercisable (D) Date Exercisable	ent, Date of Original Filed (Month/Day/Year) rities Acquired, Disposed of, or Benefice Deemed Sution Date, y Transaction Code (Instr. a) Code V Amount (A) or (D) (Instr. 3, (A) or (D) (A) (A) (A) (A) (A) (A) (B) (A) (A) (A) (A) (A) (A) (A) (A) (A) (A	ent, Date of Original Filed (Month/Day/Year) rities Acquired, Disposed of, or Beneficially C Deemed cution Date, y Th/Day/Year) 3. Tansaction Code (Instr. 4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5) Code V Amount (A) or (D) Price M 2,209.638 A \$0(1) ties Acquired, Disposed of, or Beneficially Ov warrants, options, convertible securities) mber of ative (Month/Day/Year) Title and Amount of Securities Underlying Date (Month/Day/Year) (D) Date Expiration Date (Month/Day/Year) (D) Date Expiration Date (Month/Day/Year) (D) Date Expiration Date (D) Common 2.200.638 (D) Com	rities Acquired, Disposed of, or Beneficially Owned Source (Instr. 8) M 2,209.638 A \$0(1) 9,877. Transaction Date, M 2,209.638 A \$0(1) 9,877. Transaction Code (Instr. 8) M 2,209.638 A \$0(1) 9,877. Transaction Code (Instr. 9) M 2,209.638 A \$0(1) 9,877. Transaction Code (Instr. 9) Transaction Code (Inst	Initian of the securities acquired, Disposed of, or Beneficially Owned Securities Acquired, Disposed of, or Beneficially Owned Securities Acquired (A) or Deemed cution Date, y nth/Day/Year) S. Amount of Securities Acquired (A) or Code INST. 8) S. Amount of Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5) M 2,209.638 A \$0 ⁽¹⁾ 9,877.638 ties Acquired, Disposed of, or Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4) 8. Price of Securities 9. Numb Securities mber of ative red (A) or sed of (D) 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. Numb Security (Instr. 4) Date Exercisable Expiration Date Title Amount or Number of Shares 9. Source (Instr. 4)	below) below) below) below) colspan="2">below) colspan="2">below) colspan="2">below) colspan="2">below) colspan="2">below) colspan="2">below) colspan="2">colspan="2">colspan="2">colspan="2">below) colspan="2">colspan="2" colspan="2">colspan="2">colspan="2" colspan="2" colspan="2" colspan="2" colspan="2" colspan="2"	ritiest Transaction (Month/Day/Year) 6. Individual or Joint/Group Filing (Check Appl X Form filed by One Reporting Person Form filed by More than One Report Form filed by More than One Report Form filed by More than One Report Securities Beneficially Owned Code (Instr. 8) Deemed zution Date, y nth/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 (Instr. 3 and 4) 6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4) Deemed zution Date, y nth/Day/Year) 4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5) 5. Amount of Securities Beneficially Owned (Instr. 3 and 4) 6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4) Detes tites Acquired, Disposed of, or Beneficially Owned warrants, options, convertible securities) 8. Price of Derivative Security (Instr. 3 and 4) 9. Number of derivative Security (Instr. 5) 9. Number of derivative Security (Instr. 6) 10. Ownership Form: Direct (D) (I) (Instr. 4) Date Expiration Date (D) Expiration Date (D) 7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4) 8. Price of Derivative Security (Instr. 5) 9. Number of derivative Security (Instr. 4) 10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)				

1. Represents Stock Equivalent Units (the "Units") acquired under the Company's deferred compensation plan (the "DCP") previously reported. Each Unit converts to Common Stock on a one-for-one basis. On January 24, 2023, the Units were distributed from the DCP for an equal number of shares of Common Stock.

2. Includes Units acquired during the period upon reinvestment of dividends under the Company's deferred compensation plan since the last report. The transactions were exempt pursuant to Rule 16a-11.

/s/ Jennifer Johnson, attorney in 01/25/2023

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** 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.

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