SEC Form 4	
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FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549 STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL

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

Section obligat	this box if no lo n 16. Form 4 or tions may contin ction 1(b).	onger subject to r Form 5 nue. <i>See</i>	STATE		pursuan	t to Section	16(a)) of the Se	ecuriti	es Exchang	ge Act of 19	_	HIP	Estim		er: verage burde sponse:	3235-0287 n 0.5	
1. Name and Address of Reporting Person* Anderson Robert G.					or Section 30(h) of the Investment Company Act of 1940 2. Issuer Name and Ticker or Trading Symbol INTERNATIONAL FLAVORS & FRAGRANCES INC [IFF]						(Ch	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner						
(Last) (First) (Middle) 521 WEST 57TH STREET					3. Date of Earliest Transaction (Month/Day/Year) 03/30/2020								X Officer (give title Other (specify below) below) Controller					
(Street) NEW YORK NY 10019 (City) (State) (Zip)					4. If Amendment, Date of Original Filed (Month/Day/Year)							Line	6. Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person					
		Та	ble I - Non-D	erivat	tive Se	ecurities	Acc	quired,	Dis	osed of	f, or Ben	eficiall	y Owned					
1. Title of Security (Instr. 3) 2. Trans Date				te	· · · ·			3. 4. Securities Acquired (A) Transaction Disposed Of (D) (Instr. 3, 4 Code (Instr. 5)					Beneficially Owned Following		6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership	
								Code	v	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)				(Instr. 4)	
Common	Stock												13,02	9.717		D		
			Table II - De					,		,			Owned					
1. Title of Derivative Security	2. Conversion	3. Transaction Date 3. Kecution Date 5. Secution Date 1. Security 1			13, cai	13, waire	5. Number of Derivative				tible securitie d 7. Title and Am of Securities Underlying Derivative Sect (Instr. 3 and 4)					Ownershi Form: Direct (D) or Indirec (I) (Instr. 4		
(Instr. 3)	or Exercise Price of Derivative Security	Date	Execution Date	Code	saction e (Instr.	Derivative Securities Acquired or Dispos of (D) (Ins	e S (A) Sed Str.	6. Date E Expiratio (Month/D	n Dat	able and	7. Title an of Securit Underlyin Derivative	d Amount ies g Security	8. Price of Derivative Security (Instr. 5)	9. Numbe derivativ Securitie Beneficia Owned Followin Reported	ve es ally Ig d	Ownership Form:	Beneficial Ownership (Instr. 4)	
(Instr. 3)	or Exercise Price of Derivative	Date	Execution Date	Tran Code	e (Instr.	Derivative Securities Acquired or Dispos of (D) (Ins	e S (A) Sed Str.	Expiratio	on Dati Day/Ye	able and	7. Title an of Securit Underlyin Derivative	d Amount ies g Security	Derivative Security	derivativ Securitie Beneficia Owned Following	/e es ally ng d tion(s)	Ownership Form: Direct (D) or Indirect	of Indirect Beneficial Ownership (Instr. 4)	
(Instr. 3) Stock Equivalent Unit	or Exercise Price of Derivative	Date	Execution Date	r) Tran Code 8)	e (Instr.	Derivative Securities Acquired or Dispos of (D) (Ins 3, 4 and 5	e (A) sed str.)	Expiratio (Month/D	on Dati Day/Ye	able and e ar) Expiration	7. Title an of Securit Underlyin Derivative (Instr. 3 ar	d Amount es g Security nd 4) Amount or Number of	Derivative Security	derivativ Securitie Beneficia Owned Following Reported Transact	ve es ally ng d tion(s)	Ownership Form: Direct (D) or Indirect	of Indirect Beneficial Ownership (Instr. 4)	
Stock Equivalent	or Exercise Price of Derivative Security	Date (Month/Day/Year)	Execution Date	r) Tran Code 8) Code	e (Instr.	Derivative Securities Acquired or Dispos of (D) (Ins 3, 4 and 5 (A)	e (A) sed str.)	Expiratio (Month/D Date Exercisa	ble	eable and e ar) Expiration Date	7. Title an of Securit Underlyin Derivative (Instr. 3 ar Title	d Amount ies Security d 4) Amount or Number of Shares	Derivative Security (Instr. 5)	derivativ Securitie Beneficia Owned Following Reported Transact (Instr. 4)	ve es ally d tion(s)	Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	of Indirect Beneficial Ownership (Instr. 4)	
Stock Equivalent Unit Purchased Restricted Stock	or Exercise Price of Derivative Security (1)	Date (Month/Day/Year)	Execution Date	r) Tran Code 8) Code	e (Instr.	Derivative Securities Acquired or Dispos of (D) (Ins 3, 4 and 5 (A)	e (A) sed str.)	Expiratio (Month/D Date Exercisa (3)	ble	e able and e ar) Expiration Date	7. Title an of Securit Underlyin Derivative (Instr. 3 ar Title Common Stock	d Amount ies Security dd 4) Amount or Number of Shares 11.175	Derivative Security (Instr. 5)	derivativ Securitie Beneficic Owned Followin Reportec Transact (Instr. 4)	ve es ally bg d tion(s)	Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	of Indirect Beneficial Ownership (Instr. 4)	
Stock Equivalent Unit Purchased Restricted Stock Units Purchased Restricted Stock	or Exercise Price of Derivative Security (1) (4)	Date (Month/Day/Year)	Execution Date	r) Tran Code 8) Code	e (Instr.	Derivative Securities Acquired or Dispos of (D) (Ins 3, 4 and 5 (A)	e (A) sed str.)	Expiratio (Month/D Date Exercisa (3) 04/01/20	ble	Expiration (3) 04/01/2022	7. Title an of Securit Underlyin Derivative (Instr. 3 ar Title Common Stock Common	d Amount ies Security d 4) Amount or Number of Shares 11.175 1,741	Derivative Security (Instr. 5)	derivativ Securitie Beneficio Owned Followin Reported Transact (Instr. 4)	re ess ally ng d tion(s) 41	Dwnership Form: Direct (D) or Indirect (I) (Instr. 4)	of Indirect Beneficial Ownership (Instr. 4)	

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

2. Reflects Units under the Company's deferred compensation plan resulting from deferral of compensation and the 25% premium contributed by the Company on such Units. Units contributed by the Company are subject to vesting based on continued employment through December 31, 2021.

3. The Units are payable in Common Stock upon earlier of termination of employment or January 1 following retirement.

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

/s/ Nanci Prado, attorney in fact 04/01/2020

** 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.