FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

S	TATE	MENT	OF	CHA	NGI

ES IN BENEFICIAL OWNERSHIP

OMB APPROVAL						
OMB Number: 3235-0287 Estimated average burden						
hours per response: 0.5						
Reporting Person(s) to Issuer						

to Sec	this box if no lotion 16. Form 4 tions may contiction 1(b).	or Form 5	STATEME	d purs	uant to	o Sectio	on 16	6(a) of tl	he Se	Curities Excha	ange Ac	t of 1934		SHIP	Es		ber: average bu esponse:	3235-0287 urden 0.5
1. Name and Address of Reporting Person* Winder Investment Pte Ltd			IN	2. Issuer Name and Ticker or Trading Symbol INTERNATIONAL FLAVORS & FRAGRANCES INC [IFF]							Relationship of Reporting Person(s) to Issuer (Check all applicable) Director X 10% Owner Officer (give title Other (specify)							
(Last) #03-00 8	(Fi B ROBINSC	rst) (I ON ROAD, ASO	Middle) BUILDING		3. Date of Earliest Transaction (Month/Day/Year) 03/05/2020							below) below)						
(Street) SINGAF (City)			48544 2ip)	4. 1	4. If Amendment, Date of Original Filed (Month/Day/Year) 6. Individual or Joint/Group Filing (Check Applicable Line) Form filed by One Reporting Person X Form filed by More than One Reporting Person													
	`			ative	Sec	uritie		cauir	ed. I	Disnosed	of. or	Benef	icial	lv Own	ed			
Table I - Non-Deriva 1. Title of Security (Instr. 3) 2. Transaction Date (Month/Day/Yea			ear)	2A. Deemed Execution Date,		3. Transaction Code (Instr.		Acquir			5. Amount of Securities Beneficially Owned Following		Form (D) or Indire	ect (I)	7. Nature of Indirect Beneficial Ownership			
								Code	v	Amount	(A) or (D)	Price		Reporte Transac (Instr. 3	tion(s)	(Instr	. 4)	(Instr. 4)
Common	Stock		03/05/202	20)			P		20,803	A	\$124.	44(1)	(1) 22,299,369			I	See Footnote ⁽²⁾
Common	Stock		03/05/202	20)			P		57,635	A	\$125.	14(3)	22,357,004				See Footnote ⁽²⁾
Common	Common Stock 03/05/2020			20				P		19,462	A	\$126.18(4)		22,376,466			I	See Footnote ⁽²⁾
Common Stock 03/05/2020		20			P		3,200	A \$127		.3 ⁽⁵⁾					See Footnote ⁽²⁾			
		Tal	ole II - Derivat (e.g., p	ive S uts, o	Secu calls	rities , war	Ac ran	quire ts, op	d, Di	isposed o	f, or E ible s	Benefic ecuriti	ially es)	Owne	d			
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)		n of Control of Contro			piratio	xercisable and in Date pay/Year)	Am Sec Und Der Sec	7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		. Price of erivative ecurity nstr. 5)	9. Num derivati Securit Benefic Owned Followi Reporte Transac (Instr. 4	ive ies cially ing ed ction(s)	10. Ownersh Form: Direct (D or Indire (I) (Instr.	Beneficial Ownership ct (Instr. 4)
				Code	e V	(A)	(0	Da D) Exc	te ercisa	Expiration Date	on Titl	Amou or Numb of Share	er					
		Reporting Person*																
(Last) #03-00 8		(First) ON ROAD, ASO	(Middle) BUILDING															
(Street) SINGAF	PORE	U0	048544															

(Last)	(First)	(Middle)					
#03-00 8 ROBINSON ROAD, ASO BUILDING							
(Street)							
SINGAPORE	U0	048544					
(City)	(State)	(Zip)					
1. Name and Addres	s of Reporting P	erson*					
Haldor Found	<u>ation</u>						
(Last)	(First)	(Middle)					
ZOLLSTRASSE	16						
(Street)							
SCHAAN	HAAN N2						
,							
(City)	(State)	(Zip)					
1. Name and Addres	s of Reporting P	erson*					

Freemont Capital Pte Ltd							
(Last)	(First)	(Middle)					
#03-00 8 ROBINSON ROAD, ASO BUILDING							
(Street)							
SINGAPORE	U0	048544					
(City)	(State)	(Zip)					
(0.5)	(Giato)	(=.p)					

Explanation of Responses:

- 1. Weighted average price. These shares were purchased in multiple transactions at prices ranging from \$123.79 to \$124.78 inclusive. The Reporting Person undertakes to provide to the Issuer, any security holder of the Issuer, or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares purchased at each separate price within the ranges set forth in footnote (1), (3), (4) and (5).
- 2. The securities are directly held by Winder Investment Pte. Ltd. ("Winder"). Winder is a wholly owned subsidiary of Freemont Capital Pte Ltd. ("Freemont"). Freemont is a wholly owned subsidiary of Haldor Foundation ("Haldor"). Freemont and Haldor each disclaims beneficial ownership of the shares held by Winder except for its pecuniary interest therein.
- 3. Weighted average price. These shares were purchased in multiple transactions at prices ranging from \$124.79 to \$125.78 inclusive.
- $4. \ Weighted average price. These shares were purchased in multiple transactions at prices ranging from \$125.80 to \$126.75 inclusive.$
- 5. Weighted average price. These shares were purchased in multiple transactions at prices ranging from \$126.91 to \$127.85 inclusive.

Remarks:

/s/ William Lexmond, Director 03/09/2020 of Winder Investment Pte Ltd. /s/ Ernst Walch, Board Member of Haldor Foundation 03/09/2020 /s/ Peter Prast, Board Member of Haldor Foundation /s/ William Lexmond, Director 03/09/2020

of Freemont Capital Pte Ltd.

** 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.