

**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

OMB APPROVAL	
OMB Number:	3235-0287
Estimated average burden hours per response:	0.5

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 &amp; 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>12/02/2019</u>					
			4. If Amendment, Date of Original Filed (Month/Day/Year)			6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person Form filed by More than One Reporting Person		

**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	12/02/2019		M		3,051 <sup>(1)</sup>	A	\$0 <sup>(1)</sup>	5,087	D	
Common Stock	12/02/2019		F		1,167 <sup>(2)</sup>	D	\$140.54	3,920	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	Amount or Number of Shares				
Restricted Stock Units	(3)	12/02/2019		M		3,051 <sup>(1)</sup>		12/01/2019	12/01/2019	Common Stock	3,051	(1)	0.0000	D	
Purchased Restricted Stock Units	(4)							04/01/2022	04/01/2022	Common Stock	620		620	D	
Purchased Restricted Stock Units	(4)							04/02/2021	04/02/2021	Common Stock	963		963	D	
Purchased Restricted Stock Units	(4)							04/03/2020	04/03/2020	Common Stock	453		453	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	
Restricted Stock Units	(3)							04/03/2020	04/03/2020	Common Stock	2,142		2,142	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:**

1. Reflects vesting of Restricted Stock Units ("RSUs") granted on December 1, 2016 into shares of Common Stock on a one-for-one basis.
2. Reflects shares withheld for taxes payable upon the vesting of RSUs.
3. The Restricted Stock Units ("RSUs") convert to Common Stock on a one-for-one basis.
4. The Purchased Restricted Stock Units ("PRSUs") convert to Common Stock on a one-for-one basis.

/s/ Nanci Prado, attorney in fact 12/04/2019

\*\* 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.