

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL	
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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

1. Name and Address of Reporting Person* <u>O'Leary Richard</u>			2. Issuer Name and Ticker or Trading Symbol <u>INTERNATIONAL FLAVORS & FRAGRANCES INC [IF]</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 & Integration Officer</u>		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) <u>03/13/2020</u>			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		
<u>521 WEST 57TH STREET</u>			4. If Amendment, Date of Original Filed (Month/Day/Year)					
(Street)	<u>NEW YORK</u>	<u>NY</u>	<u>10019</u>					
(City)	(State)	(Zip)						

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 Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	03/16/2020		A		877 ⁽¹⁾	A	\$0.0000	20,532	D	
Common Stock	03/16/2020		F		298 ⁽²⁾	D	\$101.49	20,234	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
Stock Equivalent Unit	(3)	03/13/2020		A		120.46 ⁽⁴⁾		(5)	(5)	Common Stock	120.46	\$109.02	5,263.994	D	
Purchased Restricted Stock Units	(6)							04/01/2022	04/01/2022	Common Stock	5,311		5,311	D	
Purchased Restricted Stock Units	(6)							04/02/2021	04/02/2021	Common Stock	4,282		4,282	D	
Purchased Restricted Stock Units	(6)							04/03/2020	04/03/2020	Common Stock	3,457		3,457	D	
Restricted Stock Units	(7)							11/01/2020	11/01/2020	Common Stock	7,472		7,472	D	

Explanation of Responses:

- These shares represent the 50% portion of the reporting person's payout under the 2017-2019 Long Term Incentive Plan ("LTIP") cycle settled in shares of the issuer's common stock. The number of shares was determined based on the average closing market price of the issuer's common stock for the twenty trading days prior to January 2, 2017, the first stock trading day of the LTIP cycle.
- Shares withheld to satisfy tax withholding obligations in connection with the receipt of shares under the LTIP.
- The Stock Equivalent Units ("Units") convert to Common Stock on a one-for-one basis.
- Reflects Units received upon deferral of a portion of the reporting person's annual incentive plan into the Company's stock fund and the premium contributed by the Company on such Units. The Company premium, or 24.092 of the acquired Units, are subject to vesting based on employment through December 31, 2021.
- The Units are payable in Common Stock upon earlier of termination of employment or January 1 following retirement.
- The Purchased Restricted Stock Units ("RSUs") convert to Common Stock on a one-for-one basis.
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/s/ Nanci Prado, attorney in fact 03/18/2020

** 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.

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