

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

**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

|                                                                                                                                                                                                             |                                                                                                          |                                                                                                                                                                                                                           |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Name and Address of Reporting Person*<br><u>MIRZAYANTZ NICOLAS</u><br><br>(Last) (First) (Middle)<br><u>521 WEST 57TH STREET</u><br><br>(Street)<br><u>NEW YORK NY 10019</u><br><br>(City) (State) (Zip) | 2. Issuer Name and Ticker or Trading Symbol<br><u>INTERNATIONAL FLAVORS &amp; FRAGRANCES INC [ IFF ]</u> | 5. Relationship of Reporting Person(s) to Issuer (Check all applicable)<br>Director 10% Owner<br><input checked="" type="checkbox"/> Officer (give title below) Other (specify below)<br><u>Group President Fragrance</u> |
|                                                                                                                                                                                                             | 3. Date of Earliest Transaction (Month/Day/Year)<br><u>04/02/2019</u>                                    |                                                                                                                                                                                                                           |
| 4. If Amendment, Date of Original Filed (Month/Day/Year)                                                                                                                                                    |                                                                                                          |                                                                                                                                                                                                                           |

**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                    | 04/02/2019                           |                                                    | M                              |   | 6,510 <sup>(1)</sup>                                              | A          | \$0 <sup>(2)</sup> | 49,889                                                                                        | D                                                        |                                                       |
| Common Stock                    | 04/02/2019                           |                                                    | F                              |   | 3,059 <sup>(3)</sup>                                              | D          | \$130.53           | 46,830                                                                                        | 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 |                                            |                                                                                                    |                                                           |                                                        |
| Purchased Restricted Stock Units           | (2)                                                    | 04/02/2019                           |                                                    | M                              |   |                                                                                        | 6,510 <sup>(1)</sup> | 04/02/2019                                               | 04/02/2019      | Common Stock                                                                      | 6,510                      | (2)                                        | 0.0000                                                                                             | D                                                         |                                                        |
| Purchased Restricted Stock Units           | (2)                                                    |                                      |                                                    |                                |   |                                                                                        |                      | 04/02/2021                                               | 04/02/2021      | Common Stock                                                                      | 4,710                      |                                            | 4,710                                                                                              | D                                                         |                                                        |
| Purchased Restricted Stock Units           | (2)                                                    |                                      |                                                    |                                |   |                                                                                        |                      | 04/03/2020                                               | 04/03/2020      | Common Stock                                                                      | 5,186                      |                                            | 5,186                                                                                              | D                                                         |                                                        |
| Stock Equivalent Unit                      | (4)                                                    |                                      |                                                    |                                |   |                                                                                        |                      | (5)                                                      | (5)             | Common Stock                                                                      | 2,656.122                  |                                            | 2,656.122 <sup>(6)</sup>                                                                           | D                                                         |                                                        |

**Explanation of Responses:**

- Reflects vesting of Purchased Restricted Stock Units ("PRSU") granted on May 2, 2016 pursuant to the Equity Choice Program ("ECP").
- The PRSUs convert to Common Stock on a one-for-one basis.
- Reflects shares withheld for taxes payable upon the vesting of PRSUs.
- The Stock Units ("Units") convert to Common Stock on a one-for-one basis.
- The Units are payable in Common Stock upon earlier of termination of employment or January 1 following retirement.
- Includes fractional Units acquired during the period upon reinvestment of dividends under the Company's deferred compensation plan. The transactions were exempt pursuant to Rule 16a-11.

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

\*\* 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.