

**STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP**

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	
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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).

1. Name and Address of Reporting Person* <u>Fibig Andreas</u>			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) <input checked="" type="checkbox"/> Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <b>CEO</b>		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) <u>09/15/2020</u>			6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person		
521 WEST 57TH STREET			4. If Amendment, Date of Original Filed (Month/Day/Year)					
(Street) <u>NEW YORK NY 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 Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
<u>Common Stock</u>								<u>64,734.539</u>	<u>D</u>	

**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				
<u>Stock Equivalent Unit</u>	<u>(1)</u>	<u>09/15/2020</u>		<u>A</u>		<u>201.643</u> <sup>(2)</sup>		<u>(3)</u>	<u>(3)</u>	<u>Common Stock</u>	<u>201.643</u>	<u>\$124.24</u>	<u>57,447.379</u>	<u>D</u>	
<u>Purchased Restricted Stock Units</u>	<u>(4)</u>							<u>04/01/2022</u>	<u>04/01/2022</u>	<u>Common Stock</u>	<u>20,026</u>		<u>20,026</u>	<u>D</u>	
<u>Purchased Restricted Stock Units</u>	<u>(4)</u>							<u>04/02/2021</u>	<u>04/02/2021</u>	<u>Common Stock</u>	<u>21,413</u>		<u>21,413</u>	<u>D</u>	
<u>Purchased Restricted Stock Units</u>	<u>(4)</u>							<u>04/06/2023</u>	<u>04/06/2023</u>	<u>Common Stock</u>	<u>19,639</u>		<u>19,639</u>	<u>D</u>	
<u>Restricted Stock Units</u>	<u>(5)</u>							<u>04/01/2022</u>	<u>04/01/2022</u>	<u>Common Stock</u>	<u>4,172</u>		<u>4,172</u>	<u>D</u>	
<u>Restricted Stock Units</u>	<u>(5)</u>							<u>04/06/2023</u>	<u>04/06/2023</u>	<u>Common Stock</u>	<u>7,013</u>		<u>7,013</u>	<u>D</u>	

**Explanation of Responses:**

- The Stock Equivalent Units ("Units") convert to Common Stock on a one-for-one basis.
- Reflects units under the Company's deferred compensation plan resulting from deferral of compensation, a company match and a 25% premium contributed by the Company on such Units. In accordance with the plan, the units contributed by the Company are subject to vesting based on continued employment.
- The Units are payable in Common Stock upon earlier of termination of employment or January 1 following retirement.
- The Purchased Restricted Stock Units ("PRSUs") convert to Common Stock on a one-for-one basis.
- The Restricted Stock Units ("RSUs") convert to Common Stock on a one-for-one basis.

/s/ Nanci Prado, attorney in fact 09/15/2020

\*\* 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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