FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL								
OMB Number:	3235-0287							
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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>Yep Gregory L</u>				IN	2. Issuer Name and Ticker or Trading Symbol INTERNATIONAL FLAVORS & FRAGRANCES INC [IFF]									Check	all applicable) Director		10%	Ssuer Owner (specify	
(Last) (First) (Middle) 521 WEST 57TH STREET					3. Date of Earliest Transaction (Month/Day/Year) 03/15/2019									Λ	belov				
				4. If	4. If Amendment, Date of Original Filed (Month/Day/Year)										Form	orm filed by One Reporting Person			
	Tab	le I - No	n-Deriv	ative	Se	curitie	es Ac	quired,	Dis	posed o	f, or	Ber	eficia	ally (Owne	ed			
Date				Execution Date,		Transaction Disposed Code (Instr.					and 5) Se Be Ov		ties cially d Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)				
								Code	v	Amount	(<i>A</i>	() or ()	Price		Transa	action(s)		(111511.4)	
Common Stock 03/15/2				/2019	019		A		617(1)		A	\$124.59		1,073		D			
Common Stock 03/15/2			/2019	2019			F		194(2)		D	\$124.59		879		D			
	Т							,		,				y Ov	vned				
L. Title of Conversion Security Instr. 3) Derivative Security Price of Derivative Security Security Security 3. Transaction Date (Month/Day/Year)		Executio if any	on Date, Code (i Day/Year)		Instr.	of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)			Amour or Numbe of		nstr. 3	Deriv Secu	rivative curity	derivative Securities Beneficially Owned Following Reported	Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
	egory L (F ST 57TH S ORK N (S Security (Ins Stock Stock Conversion or Exercise Price of Derivative	(First) (First) ST 57TH STREET ORK NY (State) Tab Security (Instr. 3) Stock Stock 2. Conversion or Exercise Price of Derivative (Month/Day/Year)	(First) (Middle) ST 57TH STREET ORK NY 10019 (State) (Zip) Table I - No Security (Instr. 3) Stock Stock Table II - 2. Conversion or Exercise Price of Derivative (Month/Day/Year) Price of Derivative (Month/Day/Year)	(First) (Middle) ST 57TH STREET ORK NY 10019 (State) (Zip) Table I - Non-Derive Conversion or Exercise Price of Derivative (Month/Day/Year) ST 57TH STREET Table II - Derivate (e.g., price of Derivative (Month/Day/Year)	IN FR IN FR IN FR IN FR IN FR IN FR IN IN FR IN IN IN IN IN IN IN I	(First) (Middle) ST 57TH STREET ORK NY 10019 (State) (Zip) Table I - Non-Derivative Se (Month/Day/Year) Stock Stock O3/15/2019 Table II - Derivative Security (e.g., puts, calls of Exercise Price of Derivative Security Security Stock O3/15/2019 Table II - Derivative Security (e.g., puts, calls of Execution Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) 4. Transaction Code (Instr. of Security) ORK NY 10019 Table I - Non-Derivative Security Stock O3/15/2019 Table II - Derivative Security A. Transaction Code (Instr. of Security) ORK NY 10019 A. If American Code (Month/Day/Year) A. Transaction Code (Instr. of Security) ORK NY 10019 A. Transaction Date (Instr. of Security) ORK NY 10019 A. Transaction Date (Instr. of Security) ORK NY 10019 A. Transaction Date (Instr. of Security) ORK NY 10019 A. Transaction Date (Instr. of Security) ORK NY 10019 A. Transaction Code (Instr. of Security) ORK NY 10019 A. Transaction Date (Instr. of Security) ORK NY 10019 A. Transaction Date (Instr. of Security) ORK NY 10019 A. Transaction Code (Instr. of Security) ORK NY 10019 A. Transaction Date (Instr. of Security) ORK NY 10019 A. Transaction Code (Instr. of Security) ORK NY 10019 A. Transaction Code (Instr. of Security) ORK NY 10019 A. Transaction Code (Instr. of Security) ORK NY 10019 A. Transaction Code (Instr. of Security) ORK NY 10019 A. Transaction Code (Instr. of Security) ORK NY 10019 A. Transaction Code (Instr. of Security) ORK NY 10019 ORK NY 10019 A. Transaction Code (Instr. of Security) ORK NY 10019 ORK NY 10019 A. Transaction Code (Instr. of Security) ORK NY 10019 ORK NY 10019 A. Transaction Code (Instr. of Security)	(First) (Middle) ST 57TH STREET ORK NY 10019 (State) (Zip) Table I - Non-Derivative Securities (Month/Day/Year) Stock Stock 03/15/2019 Table II - Derivative Securities (e.g., puts, calls, warr (Month/Day/Year)) Table II - Derivative Securities (e.g., puts, calls, warr (Month/Day/Year)) Stock 2. Transaction Date (e.g., puts, calls, warr (Month/Day/Year)) Table II - Derivative Securities (e.g., puts, calls, warr (Month/Day/Year)) (Month/Day/Year) Table II - Derivative Securities (e.g., puts, calls, warr (Month/Day/Year)) (Month/Day/Year)	Conversion or Exercise Price of Derivative Security Security	INTERNATIONAL FIFRAGRANCES INC 3. Date of Earliest Transaction (Notational Properties of Conversion of Exercise Price of Derivative Security (Month/Day/Year) 3. Date of Earliest Transaction (Notational Properties Acquired (A) or Date (Month/Day/Year) 4. If Amendment, Date of Original (Notational Properties Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) 4. 5. Number of (Date (A) or Disposed of (D) (Instr. 3, 4 and 5) 5. Number of (Date (A) or Disposed of (D) (Instr. 3, 4 and 5) 5. Number of (Date (A) or Disposed of (D) (Instr. 3, 4 and 5) 5. Number of (Date (A) or Disposed of (D) (Instr. 3, 4 and 5) 5. Number of (Date (A) or Disposed of (D) (Instr. 3, 4 and 5) 5. Number of (Date (A) or Disposed of (D) (Instr. 3, 4 and 5) 5. Number of (Date (A) or Disposed of (D) (Instr. 3, 4 and 5) 5. Number of (Date (A) or Disposed of (D) (Instr. 3, 4 and 5) 5. Number of (Date (A) or Disposed of (D) (Instr. 3, 4 and 5) 5. Number of (Date (A) or Disposed of (D) (Instr. 3, 4 and 5) 5. Number of (Date (A) or Disposed of (D) (Instr. 3, 4 and 5) 5. Number of (Date (A) or Disposed of (D) (Instr. 3, 4 and 5) 5. Number of (Date (A) or Disposed of (D) (Instr. 3, 4 and 5) 5. Number of (Date (A) or Disposed of (D) (Instr. 3, 4 and 5) 5. Number of (Date (A) or Disposed of (D) (D) (Date (D)	INTERNATIONAL FLAV FRAGRANCES INC IFF	International Flavors & Fragrances Inc Iff	INTERNATIONAL FLAVORS & FRAGRANCES INC [IFF]	INTERNATIONAL FLAVORS & FRAGRANCES INC [IFF] (First) (Middle) 3. Date of Earliest Transaction (Month/Day/Year) (State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Berescurity (Instr. 3) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) Stock 03/15/2019 A 617(1) A Stock 03/15/2019 Table II - Derivative Securities Acquired, Disposed of (D) (Instr. ocde (Instr. 8)) Table II - Derivative Securities Acquired, Disposed of (D) (Instr. 19) Table II - Derivative Securities Acquired, Disposed of (D) (Instr. 19) Table II - Derivative Securities Acquired, Disposed of (D) (Instr. 19) Table II - Derivative Securities Acquired, Disposed of, or Benefice of Derivative Securities Acquired, Disposed of, or Benefice of (D) (Instr. 19) Derivative Securities Acquired, Disposed of, or Benefice of (D) (Instr. 19) Table II - Derivative Securities Acquired, Disposed of, or Benefice of (D) (Instr. 19) Derivative Securities Acquired, Disposed of, or Benefice of (D) (Instr. 19) Derivative Securities Acquired (A) or (D) Table II - Derivative Securities Acquired (D) (D) Table II - Derivative Securities Acquired (D) (D) Table II - Derivative Securities Acquired (D) (D) (Instr. 19) Table II - Derivative Securities Acquired (D) (D) (Instr. 19) Table II - Derivative Securities Acquired (D) (D) (Instr. 19) Table II - Derivative Securities Acquired (D) (D) (Instr. 19) Table II - Derivative Securities Acquired (D) (D) (Instr. 19) Table II - Derivative Securities Acquired (D) (D) (D) (Instr. 19) Table II - Derivative Securities Acquired (D) (D) (Instr. 19) Table II - Derivative Securities Acquired (D) (D) (Instr. 19) Table II - Derivative Securities Acquired (D) (D) (D) (Instr. 19) Table II - Derivative Securities Acquired (D)	INTERNATIONAL FLAVORS & FRAGRANCES INC [IFF]	INTERNATIONAL FLAVORS & FRAGRANCES INC [IFF] STATH STREET State (All price of Conversion of Exercise Price of Derivative Security Stock St	INTERNATIONAL FLAVORS & FRAGRANCES INC [FF]	INTERNATIONAL FLAVORS & FRAGRANCES INC [IFF] Check all applicable) Director X Officer (give title below)	INTERNATIONAL FLAVORS & FRAGRANCES INC IFF	

Explanation of Responses:

- 1. These shares represent the 50% portion of the reporting person's payout under the 2016-2018 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, 2016, the first stock trading day of the LTIP cycle.
- $2. \ Shares \ withheld \ to \ satisfy \ tax \ withholding \ obligations \ in \ connection \ with \ the \ receipt \ of \ shares \ under \ the \ LTIP.$

/s/ Nanci Prado, attorney in fact 03/19/2019

** 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.