

INTEGRA LIFESCIENCES HOLDINGS CORP
 Form 4
 July 16, 2007

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
 Washington, D.C. 20549

OMB APPROVAL
 OMB Number: 3235-0287
 Expires: January 31, 2005
 Estimated average burden hours per response... 0.5

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
CARLOZZI GERARD S

2. Issuer Name and Ticker or Trading Symbol
INTEGRA LIFESCIENCES HOLDINGS CORP [IART]

5. Relationship of Reporting Person(s) to Issuer
 (Check all applicable)
 Director 10% Owner
 Officer (give title below) Other (specify below)
 Exec. VP and COO

(Last) (First) (Middle)
GERARD CARLOZZI, 311 ENTERPRISE DRIVE
 (Street)

3. Date of Earliest Transaction (Month/Day/Year)
07/12/2007

PLAINSBORO, NJ 08536

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

(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 Ownership (Instr. 4)		
				Code	V	Amount				(A) or (D)	Price
Common Stock	07/12/2007		M			7,466	A	\$ 35.52	9,955	D	
Common Stock	07/12/2007		M			274	A	\$ 28.78	10,229	D	
Common Stock	07/12/2007		M			78	A	\$ 35.52	10,307	D	
Common Stock	07/12/2007		M			8,750	A	\$ 32.32	19,057	D	
Common Stock	07/12/2007		S ⁽¹⁾			16,568	D	\$ 50.5005	2,489	D	

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Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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SEC 1474
(9-02)

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 Underlying Securities (Instr. 3 and 4)	Amount or Number of Shares
Non-Qualified Stock Option (right to buy)	\$ 35.52	07/12/2007		M	7,466	⁽²⁾ 11/15/2010	Common Stock	7,466
Non-Qualified Stock Option (right to buy)	\$ 28.78	07/12/2007		M	274	⁽³⁾ 01/02/2010	Common Stock	274
Incentive Stock Option (right to buy)	\$ 35.52	07/12/2007		M	78	⁽⁴⁾ 11/15/2010	Common Stock	78
Non-Qualified Stock Option (right to buy)	\$ 32.32	07/12/2007		M	8,750	⁽⁵⁾ 06/01/2010	Common Stock	8,750

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
CARLOZZI GERARD S GERARD CARLOZZI 311 ENTERPRISE DRIVE PLAINSBORO, NJ 08536			Exec. VP and COO	

Signatures

/s/ Richard D. Gorelick,
Attorney-in-Fact

07/16/2007

__Signature of Reporting Person

Date

Explanation of Responses:

- * 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).
- (1) The sale on the Form 4 was pursuant to a Rule 10b5-1 plan adopted by the Reporting Person on December 6, 2006.
- (2) On a combined basis, 25% of the option grant and a Non-Qualified Stock Option Grant made on the date of the grant vested one year after the November 15, 2004 grant date, with the remaining 75% vesting monthly thereafter over 36 months.
- (3) On a combined basis, 25% of the option grant and a Non-Qualified Stock Option Grant made on the date of the grant vested one year after the January 2, 2004 grant date, with the remaining 75% vesting monthly thereafter over 36 months.
- (4) On a combined basis, 25% of the option grant and a Non-Qualified Stock Option Grant made on the date of the grant vested one year after the November 15, 2004 grant date, with the remaining 75% vesting monthly thereafter over 36 months.
- (5) On a combined basis, 25% of the option grant and a Non-Qualified Stock Option Grant made on the date of the grant vested one year after the June 1, 2004 grant date, with the remaining 75% vesting monthly thereafter over 36 months.

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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