

INTEGRA LIFESCIENCES HOLDINGS CORP
 Form 4
 March 14, 2007

FORM 4

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

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).

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 *
HENNEMAN JOHN B III

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

5. Relationship of Reporting Person(s) to Issuer
 (Check all applicable)

(Last) (First) (Middle)
311 C ENTERPRISE DRIVE
 (Street)

3. Date of Earliest Transaction (Month/Day/Year)
03/12/2007

____ Director
 Officer (give title below)
 ____ 10% Owner
 ____ Other (specify below)
Exec. VP and CAO

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 Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price
Common Stock	03/12/2007		M		1,877	A	\$ 27.78
Common Stock	03/12/2007		M		7,211	A	\$ 27.78
Common Stock	03/12/2007		M		625	A	\$ 25.99
Common Stock	03/12/2007		M		1,875	A	\$ 25.99
Common Stock	03/12/2007		M		1,402	A	\$ 26.7

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Common Stock	03/12/2007		M	24,098	A	\$ 26.7	59,660	D
Common Stock	03/12/2007		S ⁽¹⁾	37,088	D	\$ 43.27	22,572	D

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

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(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 Security (Instr. 3 and 4)	Amount or Number of Shares
Incentive Stock Option (right to buy)	\$ 27.78	03/12/2007		M	1,877	<u>(2)</u> 08/14/2007	Common Stock	1,877
Non-Qualified Stock Option (right to buy)	\$ 27.78	03/12/2007		M	7,211	<u>(3)</u> 08/14/2007	Common Stock	7,211
Incentive Stock Option (right to buy)	\$ 25.99	03/12/2007		M	625	<u>(4)</u> 12/14/2007	Common Stock	625
Non-Qualified Stock Option (right to buy)	\$ 25.99	03/12/2007		M	1,875	<u>(3)</u> 12/14/2007	Common Stock	1,875
Incentive Stock Option (right to buy)	\$ 26.7	03/12/2007		M	1,402	<u>(5)</u> 12/17/2007	Common Stock	1,402
Non-Qualified Stock Option (right to buy)	\$ 26.7	03/12/2007		M	24,098	<u>(5)</u> 12/17/2007	Common Stock	24,098

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
HENNEMAN JOHN B III 311 C ENTERPRISE DRIVE PLAINSBORO, NJ 08536			Exec. VP and CAO	

Signatures

/s/ Jeffrey Hellman,
Attorney-in-Fact

03/14/2007

__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 sales reported on this Form 4 were pursuant to a Rule 10b5-1 plan adopted by the Reporting Person on November 22, 2006.
- (2) These options vested over time, with all options having fully vested on August 14, 2005.
- (3) These options vested over time, with all options having fully vested on December 14, 2004.
- (4) These options vested over time, with all options having fully vested on December 14, 2005.
- (5) These options vested over time, with all options having fully vested on December 17, 2005.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.