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INTEGRA LIFESCIENCES HOLDINGS CORP

Form 4

September 03, 2008

FORM 4

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

OMB Number: 3235-0287

OMB APPROVAL

Check this box if no longer subject to Section 16.

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Expires: January 31, 2005
Estimated average

Form 4 or Form 5 obligations may continue.

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

2 Jaguar Nama and Tiakar or Trading

burden hours per response... 0.5

5 Relationship of Reporting Person(s) to

See Instruction 1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person *

Ι			2. Issuer Name and Ticker or Trading Symbol INTEGRA LIFESCIENCES HOLDINGS CORP [IART]					S. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last)	(First) (Middle)		of Earlie Day/Yea	st T	ransaction	.1]		Director _X Officer (give t elow) Executive Vi		Owner r (specify
	(Street)		4. If Amendment, Date Original Filed(Month/Day/Year)			A 	6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person				
(City)	(State)	(Zip)	Tab	le I - No	on-l	Derivative	Secui	rities Acqui	red, Disposed of,	or Beneficiall	y Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)		Date, if	3. Transa Code (Instr.	8)	4. Securit or Dispos (Instr. 3, 4	ed of (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)
Common Stock	08/29/2008			M		834	A	\$ 32.39	3,919	D	
Common Stock	08/29/2008			S		834	D	\$ 48.5312	3,085	D	
Common Stock	08/29/2008			M		4,775	A	\$ 28.78	7,860	D	
Common stock	08/29/2008			S		4,775	D	\$ 48.5312	3,085	D	
Common stock	08/29/2008			M		2,713	A	\$ 32.32	5,798	D	

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Common Stock	08/29/2008	S	2,713	D	\$ 48.5312	3,085	D
Common Stock	08/29/2008	M	50	A	\$ 32.32	3,135	D
Common Stock	08/29/2008	S	50	D	\$ 48.5312	3,085	D
Common Stock	08/29/2008	M	650	A	\$ 32.32	3,735	D
Common Stock	08/29/2008	S	650	D	\$ 48.5312	3,085	D
Common Stock	08/29/2008	M	1,830	A	\$ 27.32	4,915	D
Common Stock	08/29/2008	S	1,830	D	\$ 48.5312	3,085	D
Common Stock	08/29/2008	M	10,670	A	\$ 27.32	13,755	D
Common Stock	08/29/2008	S	10,670	D	\$ 48.5312	3,085	D
Common stock	08/29/2008	M	435	A	\$ 28.78	3,520	D
Common Stock	08/29/2008	S	435	D	\$ 48.5312	3,085	D

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. Transacti Code (Instr. 8)	5. Number of orDerivative Securities Acquired (A) or Disposed (D) (Instr. 3, 4,	Expiration I (Month/Day	6. Date Exercisable and Expiration Date (Month/Day/Year)		Amour Securit 4)
				Code V	and 5)	Date Exercisable	Expiration Date	Title	Amo or Num of Sh
Incentive Stock	\$ 27.32	08/29/2008		M	1,830	<u>(1)</u>	09/26/2009	Common Stock	1,8

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Option(right to buy)								
Incentive Stock Option (right to buy)	\$ 32.32	08/29/2008	M	650	<u>(2)</u>	06/01/2010	Common Stock	65
Non-Qualified Stock Option (right to buy)	\$ 28.78	08/29/2008	M	4,775	(3)	01/02/2010	Common Stock	4,7
Non-Qualified Stock Option 9right to buy)	\$ 32.32	08/29/2008	M	2,713	(2)	06/01/2010	Common Stock	2,7
Non Qualified Stock Option (right to buy)	\$ 32.32	08/29/2008	M	50	(2)	06/01/2010	Common Stock	50
Non-Qualified Stock Option (right to buy)	\$ 32.39	08/29/2008	M	834	<u>(4)</u>	11/03/2009	Common stock	83
Non Qualified Stock Option 9right to buy)	\$ 27.32	08/29/2008	M	10,670	<u>(1)</u>	09/26/2009	Common Stock	10,6
Incentive Stock Option (right to buy)	\$ 28.78	08/29/2008	M	435	(3)	01/02/2010	Common Stock	43

Reporting Owners

Reporting Owner Name / Address	Relationships					
	Director	10% Owner	Officer	Other		

CARLOZZI GERARD S

Executive Vice President & COO

Signatures

/s/ Kathryn Lamping, Attorney-in-Fact

09/03/2008

**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) 25% of the option vested one year after 9/26/2003 and the remaining 75% vested monthly thereafer over 36 months
- (2) 25% of the option vested one year after 6/1/2004 and the remaining 75% vested monthly thereafer over 36 months
- (3) 25% of the option vested one year after 1/2/2004 and the remaining 75% vested monthly thereafer over 36 months
- (4) 25% of the option vested one year after 11/03/2003 and the remaining 75% vested monthly thereafer over 36 months

Reporting Owners 3

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