

INTEGRA LIFESCIENCES HOLDINGS CORP

Form 4

November 15, 2006

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

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

OMB APPROVAL

OMB
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(Print or Type Responses)

1. Name and Address of Reporting Person *
HOLTZ DAVID B

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)
11/13/2006

____ Director ____ 10% Owner
____X____ Officer (give title below) ____ Other (specify below)
Sr. VP, Finance

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

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

PLAINSBORO, NJ 08536

(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)
Common Stock	11/13/2006		S	14,551 D	\$ 40.27 10,248	D	
Common Stock	11/13/2006		M	29,886 A	\$ 26.7 40,134	D	
Common Stock	11/13/2006		S	29,886 D	\$ 40.19 10,248	D	
Common Stock	11/14/2006		M	7,211 A	\$ 27.78 17,459	D	
Common Stock	11/14/2006		S	7,211 D	\$ 40.1 10,248	D	

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Common Stock	11/14/2006	M	18,104	A	\$ 26.7	28,352	D
Common Stock	11/14/2006	S	18,104	D	\$ 40.1	10,248	D
Common Stock	11/14/2006	M	10,000	A	\$ 26.34	20,248	D
Common Stock	11/14/2006	S	10,000	D	\$ 40.1	10,248	D
Common Stock	11/14/2006	M	6,331	A	\$ 14.87	16,579	D
Common Stock	11/14/2006	S	6,331	D	\$ 40.1	10,248	D
Common Stock	11/14/2006	M	750	A	\$ 17.6	10,998	D
Common Stock	11/14/2006	S	750	D	\$ 40.1	10,248	D
Common Stock	11/14/2006	M	7,187	A	\$ 17.65	17,435	D
Common Stock	11/14/2006	S	7,187	D	\$ 40.1	10,248	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)			
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Non-Qualified Stock Option (right to buy)	\$ 26.7	11/13/2006		M		29,886		⁽¹⁾	12/17/2007	Common Stock	29,886
Non-Qualified	\$ 27.78	11/14/2006		M		7,211		⁽²⁾	08/14/2007	Common	7,211

Stock Option (right to buy)							Stock	
Non-Qualified Stock Option (right to buy)	\$ 26.7	11/14/2006	M	18,104	<u>(1)</u>	12/17/2007	Common Stock	18,1
Non-Qualified Stock Option (right to buy)	\$ 26.34	11/14/2006	M	10,000	<u>(3)</u>	12/31/2007	Common Stock	10,0
Non-Qualified Stock Option (right to buy)	\$ 14.87	11/14/2006	M	6,331	<u>(4)</u>	08/02/2008	Common Stock	6,3
Non-Qualified Stock Option (right to buy)	\$ 17.6	11/14/2006	M	750	<u>(5)</u>	12/16/2008	Common Stock	75
Non-Qualified Stock Option (right to buy)	\$ 17.65	11/14/2006	M	7,187	<u>(3)</u>	12/31/2008	Common Stock	7,1

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
HOLTZ DAVID B 311 C ENTERPRISE DRIVE PLAINSBORO, NJ 08536			Sr. VP, Finance	

Signatures

/s/ Jeffrey Hellman,
Attorney-in-Fact

11/15/2006

__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) These options vested over time, with all options having fully vested on December 17, 2005.

(2) These options vested over time, with all options having fully vested on December 14, 2004.

(3) These options vested over time, with all options having fully vested on December 31, 2005.

(4) These options vested over time, with all options having fully vested on December 2, 2005.

(5) These options vested over time, with all options having fully vested on December 16, 2005.

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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