

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

OMB APPROVAL	
OMB Number:	3235-0287
Estimated average burden hours per response:	0.5

1. Name and Address of Reporting Person * <u>HOLTZ DAVID B</u> (Last) (First) (Middle) <u>311 C ENTERPRISE DRIVE</u> (Street) <u>PLAINSBORO NJ 08536</u> (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>INTEGRA LIFESCIENCES HOLDINGS CORP [IART]</u>	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner Officer (give title below) Other (specify below) X Sr. VP, Finance
	3. Date of Earliest Transaction (Month/Day/Year) <u>11/13/2006</u>	
4. If Amendment, Date of Original Filed (Month/Day/Year)		

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	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	
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	

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 Securities Underlying Derivative Security (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code	V	(A)	(D)	Date Exercisable	Expiration Date						Title
Non-Qualified Stock Option (right to buy)	\$26.7	11/13/2006		M			29,886	(1)	12/17/2007	Common Stock	29,886	\$0	18,104	D	
Non-Qualified Stock Option (right to buy)	\$27.78	11/14/2006		M			7,211	(2)	08/14/2007	Common Stock	7,211	\$0	0	D	

**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 Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Non-Qualified Stock Option (right to buy)	\$26.7	11/14/2006		M			18,104	(1)	12/17/2007	Common Stock	18,104	\$0	0	D	
Non-Qualified Stock Option (right to buy)	\$26.34	11/14/2006		M			10,000	(3)	12/31/2007	Common Stock	10,000	\$0	0	D	
Non-Qualified Stock Option (right to buy)	\$14.87	11/14/2006		M			6,331	(4)	08/02/2008	Common Stock	6,331	\$0	0	D	
Non-Qualified Stock Option (right to buy)	\$17.6	11/14/2006		M			750	(5)	12/16/2008	Common Stock	750	\$0	0	D	
Non-Qualified Stock Option (right to buy)	\$17.65	11/14/2006		M			7,187	(3)	12/31/2008	Common Stock	7,187	\$0	0	D	

Explanation of Responses:

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.

/s/ Jeffrey Hellman, Attorney-
in-Fact 11/15/2006

** 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.

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