

Arduini Peter J
Form 4
March 15, 2019

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

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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 *
Arduini Peter J

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)
03/13/2019

Director 10% Owner
 Officer (give title below) Other (specify below)
President & CEO

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 Ownership (Instr. 4)
			Code	V	Amount or Price		
Common Stock	03/13/2019		M		290 A \$ 0	216,501	D
Common Stock	03/13/2019		F		290 D \$ 55.91	216,211	D
Common Stock	03/13/2019		M		258 A \$ 0	216,469	D
Common Stock	03/13/2019		F		258 D \$ 55.91	216,211	D
Common Stock	03/13/2019		F		6,215 D \$ 55.91	209,996	D

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Common Stock	03/13/2019	F	11,687	D	\$ 55.91	198,309	D
Common Stock	03/14/2019	M	368	A	\$ 0	198,677	D
Common Stock	03/14/2019	F	368	D	\$ 56.14	198,309	D
Common Stock	03/14/2019	F	15,292	D	\$ 56.14	183,017	D

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

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

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 Security (Instr. 3 and 4)	Amount or Number of Underlying Securities
					V	(A)	(D)	Date Exercisable		
Non-Qualified Stock Option (right to buy)	\$ 55.91	03/13/2019		A		91,249	(1)	03/13/2027	Common Stock	91,249
Restricted Stock Units/Contract Stock	\$ 0 (2)	03/13/2019		M		290	(2)	(2)	Common Stock	290
Restricted Stock Units/Contract Stock	\$ 0 (3)	03/13/2019		M		258	(3)	(3)	Common Stock	258
Restricted Stock Units/Contract Stock	\$ 0 (4)	03/13/2019		A		20,390	(4)	(4)	Common Stock	20,390
Restricted Stock Units/Contract Stock	\$ 0 (5)	03/14/2019		M		368	(5)	(5)	Common Stock	368

