

INTEGRA LIFESCIENCES HOLDINGS CORP
 Form 4
 June 17, 2005

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 *
 NOCILO DON R

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)
 06/15/2005

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)
 Senior V.P., Operations

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)
				(A) or (D)	Price		
Common Stock	06/15/2005		S	300	D \$ 31.39	17,735	D
Common Stock	06/15/2005		S	100	D \$ 31.39	17,635	D
Common Stock	06/15/2005		S	100	D \$ 31.39	17,535	D
Common Stock	06/15/2005		S	100	D \$ 31.38	17,435	D
Common Stock	06/15/2005		S	181	D \$ 31.38	17,254	D

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Common Stock	06/15/2005	S	619	D	\$ 31.38	16,635	D
Common Stock	06/15/2005	S	100	D	\$ 31.38	16,535	D
Common Stock	06/15/2005	S	100	D	\$ 31.37	16,435	D
Common Stock	06/15/2005	S	119	D	\$ 31.35	16,316	D
Common Stock	06/15/2005	S	81	D	\$ 31.35	16,235	D
Common Stock	06/15/2005	S	200	D	\$ 31.35	16,035	D
Common Stock	06/15/2005	S	600	D	\$ 31.35	15,435	D
Common Stock	06/15/2005	S	100	D	\$ 31.3	15,335	D
Common Stock	06/15/2005	S	19	D	\$ 31.3	15,316	D
Common Stock	06/15/2005	S	1,000	D	\$ 31.3	14,316	D
Common Stock	06/16/2005	M	2,430	A	\$ 5.875	16,746	D
Common Stock	06/16/2005	M	500	A	\$ 11.5	17,246	D
Common Stock	06/16/2005	M	3,542	A	\$ 13.625	20,788	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 Securities (Instr. 3 and 4)	8. De
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			Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Incentive Stock Option (right to buy)	\$ 5.875	06/16/2005	M				(1)	12/31/2005	Common Stock	2,430
Incentive Stock Option (right to buy)	\$ 11.5	06/16/2005	M				(2)	09/19/2006	Common Stock	500
Incentive Stock Option (right to buy)	\$ 13.625	06/16/2005	M				(3)	12/30/2006	Common Stock	3,542

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
NOCIOLO DON R 311 C ENTERPRISE DRIVE PLAINSBORO, NJ 08536			Senior V.P., Operations	

Signatures

/s/ Jeffrey Hellman,
Attorney-in-Fact

06/17/2005

**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 options vested one year after the December 31, 1999 grant date, and the remaining 75% vested monthly thereafter over 36 months.
- (2) 25% of the options vested one year after the September 19, 2000 grant date, and the remaining 75% vested monthly thereafter over 36 months.
- (3) 25% of the options vested one year after the December 30, 2000 grant date, and the remaining 75% vested monthly thereafter over 36 months.

Remarks:

Exhibit List

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Exhibit 24.1 - Power of Attorney

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.