FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPRO	DVAL							
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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).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person* Schwartz Eric						2. Issuer Name and Ticker or Trading Symbol INTEGRA LIFESCIENCES HOLDINGS CORP [IART]										Check a	II appl Direct	licable) tor	10% O		wner
(Last) (First) (Middle) 1100 CAMPUS ROAD						3. Date of Earliest Transaction (Month/Day/Year) 03/01/2020										X Office (give title Strike (specify below) Corp VP, Gen Counsel & Sec					
(Street) PRINCETON NJ 08540 (City) (State) (Zip)							4. If Amendment, Date of 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					
Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned																					
Date						Execution Date Day/Year) if any			ate,	Transaction Disposed Of (D) (Instr. 5)						4 and Sec Ben Owr		urities F eficially (l led Following (l		Direct ndirect	7. Nature of Indirect Beneficial Ownership (Instr. 4)
									Code	v	Amount		(A) or (D)	Price	, т	Transaction(s) (Instr. 3 and 4)				(11150.4)	
Common Stock 03/0										F		1,678	B D		\$5	32.1		30,944		D	
Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)																					
of ve Conversion or Exercise Price of Derivative Security 3. Transaction Date Execution Date, if any (Month/Day/Year)			Code (8)	Transaction Code (Instr. B)		of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		Expiration (Month/Da	ear)	Amoun or Numbe of		ount nber	Deriva Securi	tive ty 5)	derivative Securities Beneficially Owned Following Reported	Ow For Dir or (I)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)			
	MPUS RO Security (Irr Stock 2. Conversic or Exercis Price of Derivative	(First) MPUS ROAD TON NJ (State Stock 2. Conversion or Exercise Price of Derivative	(First) (IMPUS ROAD TON NJ (State) (Table Security (Instr. 3) Stock Table Security (Instr. 3) Stock Table Security (Instr. 3)	(First) (Middle) MPUS ROAD TON NJ 08540 (State) (Zip) Table I - Nor Security (Instr. 3) Stock Table II - D ((Instr. 3)	(First) (Middle) MPUS ROAD TON NJ 08540 (State) (Zip) Table I - Non-Deriv Security (Instr. 3) 2. Trans Date (Month/l) Stock Table II - Derivat (e.g., pt Conversion or Exercise Price of Derivative (Month/Day/Year) 2. Table II - Derivat (if any (Month/Day/Year)	IN CC CC CC CC CC CC CC	(First) (Middle) 3. Date 03/01/2 4. If Amount of Amount of Amount of Amount of Exercise Price of Derivative Security (Month/Day/Year) (First) (Middle) 3. Date 03/01/2 4. If Amount of Amount of Exercise (Month/Day/Year) Table II - Derivative Security (Month/Day/Year) 3. Transaction Date (Month/Day/Year) 34. Deemed Execution Date, if any (Month/Day/Year) (Month/Day/Year) 35. Transaction Date (Month/Day/Year) (Month/Day/Year) 36. Deemed Execution Date, if any (Month/Day/Year) (Month/Day/Year)	TON NJ 08540 Table I - Non-Derivative Security (Instr. 3) Table II - Derivative Securitie (e.g., puts, calls, was price of Derivative Security (Month/Day/Year) 2. Table II - Derivative Securitie (e.g., puts, calls, was price of Derivative Security (Month/Day/Year) 3. Transaction Date (Month/Day/Year) 4. Transaction Code (Instr. Spiral area) 5. Transaction Date (Month/Day/Year) 6. Security (Month/Day/Year) 7. Table II - Derivative Securitie (e.g., puts, calls, was price of Derivative Security) 8. Transaction Date (Month/Day/Year) 8. Transaction Date (Month/Day/Year) 9. Security (Month/Day/Year)	Table I - Non-Derivative Securities Security (Instr. 3) Table II - Derivative Securities Ac (e.g., puts, calls, warrant of Date (Month/Day/Year) Table II - Derivative Securities Ac (e.g., puts, calls, warrant (A) or Derivative Security (Month/Day/Year) Table II - Derivative Securities Ac (e.g., puts, calls, warrant (A) or Dispose of (D) (Instr. 3, and 5)	Table I - Non-Derivative Securities Acquired (Month/Day/Year) Table II - Derivative Securities Acquired (Month/Day/Year) Table II - Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	INTEGRA LIFESCIEN CORP [IART] 3. Date of Earliest Transaction (Mo 03/01/2020 4. If Amendment, Date of Original Table I - Non-Derivative Securities Acquired, Month/Day/Year) Security (Instr. 3) 2. Transaction Date (Month/Day/Year) Stock Table II - Derivative Securities Acquired, Di (e.g., puts, calls, warrants, options 2. Transaction Date (if any (Month/Day/Year)) Table III - Derivative Securities Acquired, Di (e.g., puts, calls, warrants, options 3. Transaction Code (Instr. 3) 3. Transaction Of Exercise Price of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) Date Date	Integral Lifescience Corp Lart	INTEGRA LIFESCIENCES HOLE	INTEGRA LIFESCIENCES HOLDINCORP [IART] 3. Date of Earliest Transaction (Month/Day/Year) 03/01/2020 4. If Amendment, Date of Original Filed (Month/Day/Year) 03/01/2020 Table I - Non-Derivative Securities Acquired, Disposed of, or Execution Date, (Month/Day/Year) (Month/Day/Year) 24. Deemed Execution Date, (Month/Day/Year) (Month/Day/Year) 25. Code V Amount Stock Table II - Derivative Securities Acquired, Disposed of, or Execution Date, (Month/Day/Year) (Month/Day/Year) 25. Security (Instr. 3) 34. Deemed Execution Date, (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) 35. Security (Instr. 3, 4 and 5) 4. Securities Acquired (A) or Disposed of (Disposed of	INTEGRA LIFESCIENCES HOLDINGS CORP [IART]	INTEGRA LIFESCIENCES HOLDINGS CORP [IART]	INTEGRA LIFESCIENCES HOLDINGS CORP [IART]	INTEGRA LIFESCIENCES HOLDINGS Check all app Direct	INTEGRA LIFESCIENCES HOLDINGS Check all applicable Director X Officer (give title below) Corp VP, Gen O3/01/2020 S. Date of Earliest Transaction (Month/Day/Year) S. Date of Earliest Transaction (Month/Day/Year) S. Date of Earliest Transaction (Month/Day/Year) S. Individual or Joint/Group Line) X Form filed by One Form filed by Month/Day/Year Security (Instr. 3) 2. Transaction Date (Month/Day/Year) Month/Day/Year) Code V Amount (A) or Date (Month/Day/Year) S. Amount of Securities Securities S. Amount of Securities Secur	INTEGRA LIFESCIENCES HOLDINGS CORP [IART] INTEGRA LIFESCIENCES HOLDINGS CORP [IART] IART IART IAR	INTEGRA LIFESCIENCES HOLDINGS CORP [IART] 3. Date of Earliest Transaction (Month/Day/Year) (State) (State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned Security (Instr. 3) 2. Transaction (Month/Day/Year) (Month/Day/Year) (Stock (State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned Security (Instr. 3) 2. Transaction (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Stock (Date (Instr. 3) (Code V Amount (A) or (D) Price (D) (Instr. 3, 4 and 5) (Instr. 4) (Month/Day/Year) (Month/Day

Explanation of Responses:

Remarks:

/s/ Eric Schwartz

03/03/2020

** 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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