FORM 4

UNITED 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

OMB APPROVAL OMB Number: Estimated average burden hours per response: 0.5

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* <u>Arduini Peter J</u>						2. Issuer Name and Ticker or Trading Symbol INTEGRA LIFESCIENCES HOLDINGS CORP [IART]								Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director 10% Owner						
(Last) (First) (Middle) 311 C ENTERPRISE DRIVE					3.	3. Date of Earliest Transaction (Month/Day/Year) 08/08/2016								X	X Officer (give title Other (specify below) President & CEO					
(Street) PLAINSBORO NJ 08536 (City) (State) (Zip)				4.	4. If Amendment, Date of Original Filed (Month/Day/Year)									ndividual or Joint/Group Filing (Check Applicable 2) X Form filed by One Reporting Person Form filed by More than One Reporting Person						
		Tal	ole I - I	Non-Der	ivativ	re Se	curit	ties A	cquire	ed, D	isposed o	f, or B	enefic	cially	Owned					
1. Title of Security (Instr. 3) 2. Transaction Date (Month/Day/Ye					Execution Date,			3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 a			d 5)	Securiti Benefici Owned	neficially ned Following		n: Direct or Indirect nstr. 4)	Ownership		
								Code	v	Amount	(A) or (D)	Price		Reported Transaction(s) (Instr. 3 and 4)				(Instr. 4)		
Common Stock				08/08/2016				S ⁽¹⁾		4,009	D	\$84.7	′686 ⁽²⁾	29	,602		D			
Common Stock 0				08/08/2	08/08/2016				M ⁽¹⁾		7,991	A	\$27	7.78	37	7,593		D		
Common Stock 08/08				08/08/2	2016				S ⁽¹⁾		7,991	D	\$84.1	. <mark>894</mark> ⁽³⁾	29	,602		D		
Common Stock 08/09/20					2016	16			M ⁽¹⁾		12,009	A	\$27	7.78	41	1,611		D		
Common Stock 08/09/201					2016	16			S ⁽¹⁾		12,009	D	\$84.6	496 ⁽⁴⁾	29	9,602		D		
			Table								sposed of, , converti				wned					
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security		if any	emed ion Date, /Day/Year)	4. Transaction Code (Instr. 8)				6. Date Exer Expiration E (Month/Day/		Date	7. Title and Am of Securities Underlying Derivative Secu (Instr. 3 and 4)		S	. Price of Perivative Security Instr. 5)	9. Number derivative Securities Beneficial Owned Following Reported Transactio (Instr. 4)	e C S F Ily C	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership (Instr. 4)	
					Code	v	(A)	(D)	Date Exercisable		Expiration Date	or Nu of		ount iber res						
Non- Qualified Stock Option (right to buy)	\$27.78	08/08/2016			M ⁽¹⁾			7,991	((5)	03/01/2020	Commo Stock	ⁿ 7,991		\$0.00	207,803 ⁽⁶⁾		D		
Non- Qualified Stock Option (right to	\$27.78	08/09/2016			M ⁽¹⁾			12,009	((5)	03/01/2020	Commo Stock	ⁿ 12,0	009	\$0.00	195,79	4	D		

Explanation of Responses:

- 1. The transactions reported in this Form 4 were effected pursuant to a Rule 10b5-1 trading plan previously adopted by the reporting person.
- 2. The price shown above represents the weighted average price of the shares sold. The range of sale prices was \$84.50 to \$85.07.
- 3. The price shown above represents the weighted average price of the shares sold. The range of sale prices was \$83.90 to \$84.61.
- $4. \ The price shown above represents the weighted average price of the shares sold. The range of sale prices was $84.20 to $85.12.$
- 5. One-third of the stock options vested on the first anniversary of the grant date which is March 1, 2012 and thereafter with respect to the remaining two-thirds which vested in monthly installments through the 3rd anniversary of the grant date.
- 6. This option was previously reported as covering 206,719 shares at an exercise price of \$32.11 per share, but was adjusted pursuant to the anti-dilution provisions of the award in connection with the spin-off of SeaSpine Holdings Corporation on July 1, 2015.

Remarks:

/s/ Richard D. Gorelick;

** Signature of Reporting Person

08/10/2016

Attorney-in-Fact

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.

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 Number.