FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL									
OMB Number:	3235-028								
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0.5

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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

	of Reporting Person*			IN	TEC	GRA	LIFE				DIN	<u>GS</u>		heck all a Dir	pplicable) ector	1	0% O	wner
	•	(Middle)			3. Date of Earliest Transaction (Month/Day/Year) 03/25/2014									A bel	ow) ``			
				4. If	Ame	ndment	, Date o	f Original	Filed	(Month/Da	ay/Year)		ne) <mark>X</mark> Fo Fo	rm filed by One rm filed by Mo	e Reporting	Perso	on .
Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned																		
Date			Date	eth/Day/Year) if a		Execution Date, f any		Transaction Disposed Code (Instr. 5)					d Seci Ben Owr	urities eficially ed Following	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	Tran	saction(s)			(111511.4)	
Common Stock 03/2			03/25	/2014		F		106		D	\$45.	5.77 8,436		D				
Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)																		
or Exercis Price of		Execution Date, if any (Month/Day/Year)		Transa Code (of Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		Amoun or Numbe of		str. 3		derivative Securities Beneficially Owned Following Reported	Owner Form: Direct or Indi (I) (Insi	(D) ect	11. Nature of Indirect Beneficial Ownership (Instr. 4)		
	BORO M (Security (In: Stock 2. Conversion or Exercise Price of Derivative	(First) EERPRISE DRIVE BORO NJ (State) Tab Security (Instr. 3) Stock 2. Conversion or Exercise Price of Derivative (Month/Day/Year)	Jerry E (First) (Middle) ERPRISE DRIVE BORO NJ 08536 (State) (Zip) Table I - Nor Security (Instr. 3) Stock Table II - I (Conversion or Exercise Price of Derivative (Month/Day/Year) (Month/Day/Year)	Jerry E (First) (Middle) ERPRISE DRIVE BORO NJ 08536 (State) (Zip) Table I - Non-Deriv Security (Instr. 3) 2. Transa Date (Month/L (Month/L 2. Transa Date (Month/L (e.g., pt Conversion or Exercise Price of Derivative Security 3. Transaction Date (Month/Day/Year) (Month/Day/Year) 3. Transaction Date, if any (Month/Day/Year)	Jerry E (First) (Middle) 3. D O3/2 4. If BORO NJ 08536 (State) (Zip) Table I - Non-Derivative Security (Instr. 3) 2. Transaction Date (Month/Day/Year) Stock Table II - Derivative S (e.g., puts, c) Conversion or Exercise Price of Derivative (Month/Day/Year) Price of Derivative (Month/Day/Year) 3. Transaction Date (Month/Day/Year) 3. Deemed Execution Date, if any (Month/Day/Year) (Month/Day/Year) 4. Transaction Code (Month/Day/Year)	State CORP State CORP	INTEGRA CORP IAF	INTEGRA LIFE CORP IART	INTEGRA LIFESCIEN CORP [IART]	Integral Lifescience Integral Lifescience	Stock Care Conversion C	INTEGRA LIFESCIENCES HOLDING	INTEGRA LIFESCIENCES HOLDINGS CORP [IART] 3. Date of Earliest Transaction (Month/Day/Year) 03/25/2014 4. If Amendment, Date of Original Filed (Month/Day/Year) 4. If Amendment, Date of Original Filed (Month/Day/Year) 5. Table I - Non-Derivative Securities Acquired, Disposed of, or Benefice (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 2. A. Deemed Execution Date, if any (Month/Day/Year) 3. Transaction Code (Instr. 8) 2. Table II - Derivative Securities Acquired, Disposed of (D) (Instr. 8) Code V	INTEGRA LIFESCIENCES HOLDINGS CORP [IART]	INTEGRA LIFESCIENCES HOLDINGS Check all a Din Corp. Corp. LART	INTEGRA LIFESCIENCES HOLDINGS Check all applicable Director X Officer (give title below) Corp VP & Corp VP	INTEGRA LIFESCIENCES HOLDINGS CORP [IART] Corp VP & Corporate Corpor	INTEGRA LIFESCIENCES HOLDINGS Check all applicable) Director 10% of Other (below) Corp VP & Corporate Control O3/25/2014 A. If Amendment, Date of Original Filed (Month/Day/Year) G. Individual or Joint/Group Filing (Check All Line) X Form filed by More than One Report Form filed by Mor

Explanation of Responses:

Remarks:

/s/ Kathryn Lamping; 03/26/2014 Attorney-in-Fact

** 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.

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.