

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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).

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

Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan for the purchase or sale of equity securities of the issuer that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.

1. Name and Address of Reporting Person* <u>ESSIG STUART</u> (Last) (First) (Middle) <u>1100 CAMPUS ROAD</u> (Street) <u>PRINCETON NJ 08540</u> (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>INTEGRA LIFESCIENCES HOLDINGS CORP [IART]</u>	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input checked="" type="checkbox"/> Director 10% Owner Officer (give title below) Other (specify below)
	3. Date of Earliest Transaction (Month/Day/Year) <u>08/14/2025</u>	
4. If Amendment, Date of Original Filed (Month/Day/Year)		

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)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	08/14/2025		J		200,000	D	\$13.62	1,152,236 ⁽¹⁾⁽²⁾⁽³⁾	D	
Common Stock								219,920 ⁽²⁾	I	By GRAT E
Common Stock								0 ⁽³⁾	I	By GRAT F
Common Stock								213,115	I	By Family Trust
Common Stock	08/14/2025		J		200,000	A	\$13.62	200,000	I	By Grantor Trust

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 Securities Underlying Derivative Security (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
					(A)	(D)	Date Exercisable	Expiration Date					

Explanation of Responses:

- On August 14, 2025, the reporting person transferred 200,000 shares of common stock to a grantor trust for which his spouse is the trustee. In exchange for the shares, the trust transferred assets to the reporting person with a fair market value equal to the transferred shares. The transfer of shares to the trust resulted in a decrease in the number of shares the reporting person beneficially owns directly and a corresponding increase in the number of shares the reporting person beneficially owns indirectly through the trust.
- On August 8, 2025, in accordance with the provisions of a grantor retained annuity trust ("GRAT E"), 180,080 shares of common stock were distributed from GRAT E to the reporting person as an annuity payment in accordance with the terms of GRAT E.
- On August 8, 2025, in accordance with the provisions of a grantor retained annuity trust ("GRAT F"), 500,000 shares of common stock were distributed from GRAT F to the reporting person as an annuity payment in accordance with the terms of GRAT F. The amount of shares available for distribution were insufficient to satisfy the full amount of the annuity payment obligation and so GRAT F was terminated, in accordance with the terms of GRAT F, following the completion of the foregoing distribution.

Remarks:

/s/ Lesha Shinn; Attorney-in-Fact 08/18/2025

** 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.

