FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Vashington,	D.C. 20549
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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL									
OMB Number:	3235-0287								
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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* De Witte Jan					IN	2. Issuer Name and Ticker or Trading Symbol INTEGRA LIFESCIENCES HOLDINGS CORP [IART]								eck all applic	ionship of Reporting I all applicable) Director		10% Ow	ner
(Last) (First) (Middle) 1100 CAMPUS ROAD						3. Date of Earliest Transaction (Month/Day/Year) 03/11/2024								below)	Officer (give title below) President &		Other (s below)	pecify
(Street) PRINCETON NJ 08540					- 4. I -	4. If Amendment, Date of Original Filed (Month/Day/Year)								Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person				
(City) (State) (Zip)						Rule 10b5-1(c) Transaction Indication Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10. ative Securities Acquired, Disposed of, or Beneficially Owned												
4 771/1 -	0		DIE I - NO			_			·	, Dis	.					6.0		7 Nat *
			Date	nsaction h/Day/Year)		2A. Deemed Execution Date, if any (Month/Day/Year		Code (Instr.		4. Securities Acquired (A) Disposed Of (D) (Instr. 3, 4			Benefici	es Fo ially (D) Following (I)		: Direct I · Indirect I str. 4) (7. Nature of Indirect Beneficial Ownership (Instr. 4)	
									Code	v	Amount	(A) or (D)	Price	Transact	Transaction(s) (Instr. 3 and 4)			
Common Stock 0				03/1	1/202	4			М		205	205 A		18,	18,555		D	
Common Stock			03/1	1/202	4			F		205 D		\$36.2	2 18,	18,350		D		
			Table II -								osed of, converti			Owned				
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deeme Execution if any (Month/Day	Date,	4. Transaction Code (Instr 8)				6. Date Exercis Expiration Date (Month/Day/Yea		e	7. Title and Amou of Securities Underlying Derivative Securit (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number derivative Securities Beneficiall Owned Following Reported Transactio (Instr. 4)	ly Ownersi Form: Direct (I or Indire (I) (Instr.	Ownership	Beneficial Ownership (Instr. 4)
					Code	v	(A)	(D)	Date Exercisa		Expiration Date	Title	Amount or Number of Shares					
Non- Qualified Stock Option (right to buy)	\$36.22	03/11/2024			A		95,664		(1)		03/11/2032	Common Stock	95,664	\$0	95,664		D	
Restricted Stock Units	\$0 ⁽²⁾	03/11/2024			Α		41,414		(2)		(2)	Common Stock	41,414	\$0	130,485	5	D	
Restricted Stock	\$0 ⁽³⁾	03/11/2024			M			205	(3)		(3)	Common Stock	205	\$0	130,280		D	

Explanation of Responses:

- 1. 25% of the stock options vest every first, second, third and fourth anniversaries of the grant date of 3/11/2024.
- 2. The award was a restricted stock unit award which will vest in three equal annual installments on the first, second and third anniversaries of the grant date of 3/11/2024 which shall be delivered to Mr. De Witte within 30 days following the first business day that occurs immediately following the six month period after the date of his separation of service as deferred compensation. The award is subject to accelerated vesting upon termination of employment by reason of death or disability or upon a qualifying termination on or within 24 months following the date of a change in control.
- 3. The award was a restricted stock unit award which will vest in three equal annual installments on the first, second and third anniversaries of the grant date of 3/11/2022 of which the second installment vested on 3/11/2024 and which shall be delivered to Mr. De Witte within 30 days following the first business day that occurs immediately following the six-month period after the date of his separation of service as deferred compensation.

Remarks:

/s/ Eric Schwartz; Attorney-in-

Fact

** Signature of Reporting Person

Date

03/13/2024

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.