CARLOZZI GERARD S

Form 4 January 26, 2006

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB Number: 3235-0287 January 31,

response...

Check this box if no longer subject to Section 16. Form 4 or

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Expires: 2005
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OMB APPROVAL

Form 4 or Form 5 obligations may continue. See Instruction

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section

30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * CARLOZZI GERARD S			2. Issuer Name and Ticker or Trading Symbol INTEGRA LIFESCIENCES HOLDINGS CORP [IART]				ng	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 01/24/2006					Director 10% Owner Sofficer (give title Other (specify below) Exec VP, COO			
	(Street)		4. If Amendment, Date 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			
(City)	(State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Own								ly Owned		
1.Title of Security (Instr. 3)	2. Transaction Da (Month/Day/Year	e) Execution any	med on Date, if Day/Year)	3. Transaction Code (Instr. 8)	(Instr. 3,	ispose	d of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		
Common Stock	01/24/2006			M	5,404	A	\$ 27.32	7,307 (1)	D		
Common Stock	01/24/2006			S	5,404	D	\$ 38	1,903	D		
Common Stock	01/24/2006			M	2,933	A	\$ 27.32	4,836	D		
Common Stock	01/24/2006			S	2,933	D	\$ 38	1,903	D		

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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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. Transactic Code (Instr. 8)	5. Number out Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exer Expiration D (Month/Day)	ate	7. Title and Amount Underlying Securitie (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amour or Number of Shares
Incentive Stock Option (right to buy)	\$ 27.32	01/24/2006		M	5,404	(2)	09/26/2009	Common Stock	5,40
Non-Qualified Stock Option (right to buy)	\$ 27.32	01/24/2006		M	2,933	(2)	09/26/2009	Common Stock	2,93

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

CARLOZZI GERARD S

Exec VP, COO

Signatures

/s/ Jeffrey Hellman, Attorney-in-Fact 01/26/2006

**Signature of Reporting Person Date

Explanation of Responses:

- * 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).
- (1) Includes 696 shares acquired under the Issuer's Employee Stock Purchase Plan on December 30, 2005 in a transaction exempt under Rule 16b-3 under the Securities Exchange Act of 1934, as amended.
- (2) 25% of the combined Incentive Stock Option grant and Non-Qualified Stock Option grant set forth on Table II vested one year after the grant date, with the remaining 75% vesting monthly thereafter over 36 months.

Reporting Owners 2

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