

**SUPPLEMENT Dated July 20, 2009**  
**To The Statement of Additional Information Dated May 1, 2009, For**  
**ING VARIABLE ANNUITY**

**Issued By ING Life Insurance and Annuity Company**  
**Through Its Variable Annuity Account B**

The list of investment portfolios available under your contract found on page 3 of the Statement of Additional Information is hereby amended, effective July 20, 2009, to include the ING Russell<sup>TM</sup> Large Cap Growth Index Portfolio (Class I).