

**SUPPLEMENT Dated April 29, 2011
To the Current Prospectus**

**ING Marathon Plus
Issued By ING Life Insurance and Annuity Company
Through its Variable Annuity Account B**

This supplement updates the prospectus for your variable annuity contract. Please read it carefully and keep it with your copy of the prospectus for future reference. If you have any questions, please call our Customer Service Center at 1-800-531-4547.

Additional Funds Available Under Your Contract

1. In addition to the funds listed in your prospectus, effective April 29, 2011, the following funds will also be available under your contract:

ING American Funds Growth Portfolio*
ING American Funds International Portfolio*
ING Artio Foreign Portfolio (Class S)
ING Baron Small Cap Growth Portfolio (Class S)
ING Franklin Income Portfolio (Class S)
ING Franklin Mutual Shares Portfolio (Class S)
ING JPMorgan Small Cap Core Equity Portfolio (Class I)
ING Large Cap Value Portfolio (Class S)
ING Marsico Growth Portfolio (Class S)
ING MidCap Opportunities Portfolio (Class S)
ING Retirement Growth Portfolio (Class ADV)*
ING Retirement Moderate Growth Portfolio (Class ADV)*
ING Retirement Moderate Portfolio (Class ADV)*
ING SmallCap Opportunities Portfolio (Class S)

* These investment portfolios are offered in a “Master-Feeder” or “Fund of Funds” structure. See “Investment Options – Mutual Fund (Fund) Descriptions” and “Fund Expenses” for more information about these investment portfolios.

2. Accordingly, the following information is added to Appendix III:

Fund Name and Investment Adviser/Subadviser		Investment Objective
ING American Funds Growth Portfolio		Seeks to provide you with growth of capital.
Investment Adviser: ING Investments, LLC		
Investment Adviser to Master Funds: Capital Research and Management Company SM		
ING American Funds International Portfolio		Seeks to provide you with long-term growth of capital.
Investment Adviser: ING Investments, LLC		
Investment Adviser to Master Funds: Capital Research and Management Company SM		

Fund Name and Investment Adviser/Subadviser	Investment Objective
ING Artio Foreign Portfolio Investment Adviser: Directed Services LLC Subadviser: Artio Global Management, LLC	Seeks long-term growth of capital.
ING Baron Small Cap Growth Portfolio Investment Adviser: Directed Services LLC Subadviser: BAMCO, Inc.	Seeks capital appreciation.
ING Franklin Income Portfolio Investment Adviser: Directed Services LLC Subadviser: Franklin Advisers, Inc.	Seeks to maximize income while maintaining prospects for capital appreciation.
ING Franklin Mutual Shares Portfolio Investment Adviser: Directed Services LLC Subadviser: Franklin Advisers, Inc.	Seeks capital appreciation and secondarily, income.
ING JPMorgan Small Cap Core Equity Portfolio Investment Adviser: Directed Services LLC Subadviser: J.P. Morgan Investment Management Inc.	Seeks capital growth over the long term.
ING Large Cap Value Portfolio Investment Adviser: Directed Services LLC Subadviser: ING Investment Management Co	Seeks long-term growth of capital and current income.
ING Marsico Growth Portfolio Investment Adviser: Directed Services LLC Subadviser: Marsico Capital Management, LLC	Seeks capital appreciation.
ING MidCap Opportunities Portfolio Investment Adviser: ING Investments, LLC Subadviser: ING Investment Management Co.	Seeks long-term capital appreciation.
ING Retirement Growth Portfolio Investment Adviser: Directed Services LLC Subadviser: Asset Allocation Committee	Seeks a high level of total return (consisting of capital appreciation and income) consistent with a level of risk that can be expected to be greater than that of the ING Retirement Moderate Growth Portfolio.

Fund Name and Investment Adviser/Subadviser	Investment Objective
ING Retirement Moderate Portfolio Investment Adviser: Directed Services LLC Subadviser: Asset Allocation Committee	Seeks a high level of total return (consisting of capital appreciation and income) consistent with a level of risk that can be expected to be greater than that of ING Retirement Conservative Portfolio but less than that of ING Retirement Moderate Growth Portfolio.
ING Retirement Moderate Growth Portfolio Investment Adviser: Directed Services LLC Subadviser: Asset Allocation Committee	Seeks a high level of total return (consisting of capital appreciation and income) consistent with a level of risk that can be expected to be greater than that of ING Retirement Moderate Portfolio but less than that of ING Retirement Growth Portfolio.
ING SmallCap Opportunities Portfolio Investment Adviser: ING Investments, LLC Subadviser: ING Investment Management Co.	Seeks long-term capital appreciation.