

# ING Life Insurance and Annuity Company

## Variable Annuity Account C

### Multiple Sponsored Retirement Options

#### Supplement dated August 4, 2004 to the Contract Prospectus, Contract Prospectus Summary and Statement of Additional Information, each dated May 1, 2004

The information in this Supplement updates and amends certain information contained in the Contract Prospectus, Contract Prospectus Summary and Statement of Additional Information. You should read this Supplement along with the Contract Prospectus, Contract Prospectus Summary and Statement of Additional Information (SAI).

1. **ING Julius Baer Foreign Portfolio** - Effective May 1, 2004, Julius Baer Investment Management Inc., the subadviser for ING Julius Baer Foreign Portfolio, has changed its name to Julius Baer Investment Management LLC. The subadviser information listed in the "Investment Adviser/Subadviser" column in the Appendix entitled "Description of Underlying Funds" in the Contract Prospectus is revised accordingly.
2. **ING VP Bond Portfolio** - Effective August 6, 2004, the name of ING VP Bond Portfolio will change to ING VP Intermediate Bond Portfolio. Effective August 6, 2004, all references to ING VP Bond Portfolio in the Contract Prospectus, Contract Prospectus Summary and SAI are replaced with ING VP Intermediate Bond Portfolio.
3. The information appearing in the Fund Expense Table on page 9 of the Contract Prospectus for all Janus investment options is deleted and replaced with the following to reflect reductions in fund Management (Advisory) Fees effective July 1, 2004.

<b>Fund Name</b>	<b>Management (Advisory) Fees</b>	<b>12b-1 Fee</b>	<b>Other Expenses</b>	<b>Total Annual Fund Operating Expenses</b>	<b>Fees and Expenses Waived or Reimbursed</b>	<b>Net Annual Fund Operating Expenses</b>
Janus Aspen Balanced Portfolio (Institutional Shares) <sup>(41)</sup>	0.55%	--	0.02%	0.57%	--	0.57%
Janus Aspen Capital Appreciation Portfolio (Service Shares) <sup>(41)(42)</sup>	0.64%	0.25%	0.03%	0.92%	--	0.92%
Janus Aspen Flexible Income Portfolio (Institutional Shares) <sup>(41)</sup>	0.50%	--	0.04%	0.54%	--	0.54%
Janus Aspen Growth Portfolio (Institutional Shares) <sup>(41)</sup>	0.64%	--	0.02%	0.66%	--	0.66%
Janus Aspen Mid Cap Growth Portfolio (Institutional Shares) <sup>(41)</sup>	0.64%	--	0.02%	0.66%	--	0.66%
Janus Aspen Worldwide Growth Portfolio (Institutional Shares) <sup>(41)</sup>	0.60%	--	0.06%	0.66%	--	0.66%
Janus Twenty Fund <sup>(43)</sup>	0.64%	--	0.23%	0.87%	--	0.87%

4. The Footnotes to "Fund Expense Table" beginning on page 10 of the Contract Prospectus are amended by deleting footnote (32) and adding the following footnotes:
  - (41) All of the fees and expenses shown were determined based on net assets as of the fiscal year ended December 31, 2003, restated to reflect reductions in the portfolios' management fees effective July 1, 2004. All expenses are shown without the effect of expense offset arrangements.
  - (42) Because the 12b-1 fee is charged as an ongoing fee, long-term shareholders may pay more than the economic equivalent of the maximum front-end sales charges permitted by the National Association of Securities Dealers, Inc.
  - (43) All of the fees and expenses shown were determined based on net assets as of the fiscal year ended October 31, 2003, restated to reflect a reduction in the fund's management fee effective July 1, 2004. All expenses are shown without the effect of expense offset arrangements.
5. The information appearing in the Fund Expense Table on page 9 of the Contract Prospectus Summary for all Janus investment options is deleted and replaced with the following to reflect reductions in fund Management (Advisory) Fees effective July 1, 2004.

	<b>Column 1</b>	<b>Column 2</b>	<b>Column 3</b>
	<b>Maximum Total Subaccount Annual Expenses</b>	<b>Total Fund Annual Operating Expenses</b>	<b>Total Annual Expenses (Subaccount Plus Fund Expenses)</b>
Janus Aspen Balanced Portfolio (Institutional Shares)	1.75%	0.57%	2.32%
Janus Aspen Capital Appreciation Portfolio (Service Shares)	1.75%	0.92%	2.67%
Janus Aspen Flexible Income Portfolio (Institutional Shares)	1.75%	0.54%	2.29%
Janus Aspen Growth Portfolio (Institutional Shares)	1.75%	0.66%	2.41%
Janus Aspen Mid Cap Growth Portfolio (Institutional Shares)	1.75%	0.66%	2.41%
Janus Aspen Worldwide Growth Portfolio (Institutional Shares)	1.75%	0.66%	2.41%
Janus Twenty Fund <sup>2</sup>	1.75%	0.87%	2.62%