

**ING Life Insurance and Annuity Company
and its
Variable Annuity Account C**

ING Flexible Income

Supplement dated June 26, 2009 to the Contract Prospectus dated May 1, 2009

The following information updates and amends certain information contained in your variable annuity Contract Prospectus. Please read it carefully and keep it with your current Contract Prospectus for future reference.

The following information for Calvert Social Balanced Portfolio and ING Clarion Real Estate Portfolio in Appendix II – Description of Underlying Funds of the Contract Prospectus is hereby deleted and replaced with the following:

Fund Name	Investment Adviser/ Subadviser	Investment Objective(s)
Calvert Variable Series, Inc. – Calvert Social Balanced Portfolio	Calvert Asset Management Company, Inc. Subadviser: (equity portion of Portfolio): New Amsterdam Partners LLC Calvert Asset Management Company, Inc. manages fixed- income portion of Portfolio and handles allocation of assets and Portfolio Managers for the Portfolio.	<i>A non-diversified</i> portfolio that seeks to achieve a competitive total return through an actively managed portfolio of stocks, bonds and money market instruments which offer income and capital growth opportunity and which satisfy the investment and social criteria.
ING Investors Trust – ING Clarion Real Estate Portfolio	Directed Services LLC Subadviser: ING Clarion Real Estate Securities L.P.	<i>A non-diversified</i> portfolio that seeks total return.