

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

**403(B), 401 AND HR 10 PLANS**

**Supplement dated July 29, 2011 to the Contract Prospectus dated April 29, 2011**

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

**Important Information Regarding Appendix IV Condensed Financial Information**

Appendix IV Condensed Financial Information in your Contract Prospectus is hereby deleted in its entirety and replaced with the following:

# **APPENDIX IV** **CONDENSED FINANCIAL INFORMATION**

Except for subaccounts which did not commence operations as of December 31, 2010, the following tables give (1) the accumulation unit value ("AUV") at the beginning of the period, (2) the AUV at the end of the period and (3) the total number of accumulation units outstanding at the end of the period for each subaccount of Variable Annuity Account C available under the contracts for the indicated periods. For those subaccounts that commenced operations during the period ended December 31, 2010, the "Value at beginning of period" shown is the value at first date of investment. Fund name changes after December 31, 2010 are not reflected in the following information.

**TABLE I**  
**FINANCIAL INFORMATION FOR 403(b) AND HR 10 PLANS**  
(Selected data for accumulation units outstanding throughout each period)

	<u>2010</u>	<u>2009</u>	<u>2008</u>	<u>2007</u>	<u>2006</u>	<u>2005</u>	<u>2004</u>	<u>2003</u>	<u>2002</u>	<u>2001</u>
<b>ING BALANCED PORTFOLIO</b>										
Value at beginning of period	\$32.56	\$27.65	\$38.95	\$37.36	\$34.39	\$33.41	\$30.91	\$26.33	\$29.73	\$31.429
Value at end of period	\$36.70	\$32.56	\$27.65	\$38.95	\$37.36	\$34.39	\$33.41	\$30.91	\$26.33	\$29.73
Number of accumulation units outstanding at end of period	0	0	0	0	786	776	776	777	1,327	10,381
<b>ING GROWTH AND INCOME PORTFOLIO</b>										
Value at beginning of period	\$201.76	\$156.87	\$254.68	\$240.13	\$212.90	\$199.36	\$186.23	\$149.58	\$201.929	\$250.60
Value at end of period	\$227.43	\$201.76	\$156.87	\$254.68	\$240.13	\$212.90	\$199.36	\$186.23	\$149.58	\$201.929
Number of accumulation units outstanding at end of period	847	974	1,120	1,122	1,683	1,785	1,702	1,712	1,966	2,841
<b>ING INTERMEDIATE BOND PORTFOLIO</b>										
Value at beginning of period	\$79.35	\$72.02	\$79.68	\$76.10	\$74.05	\$72.69	\$70.19	\$66.86	\$62.489	\$58.19
Value at end of period	\$86.08	\$79.35	\$72.02	\$79.68	\$76.10	\$74.05	\$72.69	\$70.19	\$66.86	\$62.489
Number of accumulation units outstanding at end of period	272	307	308	445	1,169	1,177	1,322	2,324	2,300	1,960
<b>ING MONEY MARKET PORTFOLIO</b>										
Value at beginning of period	\$52.65	\$53.14	\$52.41	\$50.47	\$48.72	\$47.90	\$47.99	\$48.16	\$47.989	\$46.754
Value at end of period	\$52.12	\$52.65	\$53.14	\$52.41	\$50.47	\$48.72	\$47.90	\$47.99	\$48.16	\$47.989
Number of accumulation units outstanding at end of period	2	2	2	2	1,059	1,060	1,060	1,060	2,238	2,219
<b>ING UBS U.S. LARGE CAP EQUITY PORTFOLIO</b>										
Value at beginning of period	\$12.86	\$9.88	\$16.61	\$16.62	\$14.70	\$13.61	\$12.01	\$9.73	\$13.116	\$16.788
Value at end of period	\$14.40	\$12.86	\$9.88	\$16.61	\$16.62	\$14.70	\$13.61	\$12.01	\$9.73	\$13.116
Number of accumulation units outstanding at end of period	0	0	2,134	2,135	3,384	3,359	1,222	1,222	3,320	3,275

**TABLE II**  
FINANCIAL INFORMATION FOR 403(b) AND HR 10 PLANS  
FOR CONTRACTS CONTAINING LIMITS ON FEES  
(Selected data for accumulation units outstanding throughout each period)

	<u>2010</u>	<u>2009</u>	<u>2008</u>	<u>2007</u>	<u>2006</u>	<u>2005</u>	<u>2004</u>	<u>2003</u>	<u>2002</u>	<u>2001</u>
<b>ING BALANCED PORTFOLIO</b>										
Value at beginning of period	\$33.60	\$28.47	\$39.99	\$38.26	\$35.14	\$34.04	\$31.43	\$26.70	\$30.072	\$31.71
Value at end of period	\$37.97	\$33.60	\$28.47	\$39.99	\$38.26	\$35.14	\$34.04	\$31.43	\$26.70	\$30.072
Number of accumulation units outstanding at end of period	18,126	19,758	19,915	21,363	23,881	31,620	50,975	50,033	55,399	84,038
<b>ING GROWTH AND INCOME PORTFOLIO</b>										
Value at beginning of period	\$208.21	\$161.47	\$261.50	\$245.94	\$217.51	\$203.16	\$189.32	\$151.68	\$204.249	\$252.842
Value at end of period	\$235.28	\$208.21	\$161.47	\$245.94	\$217.51	\$203.16	\$189.32	\$151.68	\$204.249	\$252.842
Number of accumulation units outstanding at end of period	24,682	27,980	32,874	37,436	43,234	53,792	64,850	70,610	76,799	102,141
<b>ING INTERMEDIATE BOND PORTFOLIO</b>										
Value at beginning of period	\$80.86	\$73.28	\$80.95	\$77.20	\$75.00	\$73.52	\$70.88	\$67.42	\$62.918	\$58.502
Value at end of period	\$87.85	\$80.86	\$73.28	\$80.95	\$77.20	\$75.00	\$73.52	\$70.88	\$67.42	\$62.918
Number of accumulation units outstanding at end of period	5,296	6,309	7,112	7,454	7,565	7,811	9,414	10,961	14,923	15,084
<b>ING MONEY MARKET PORTFOLIO</b>										
Value at beginning of period	\$52.65	\$53.14	\$52.41	\$50.47	\$48.72	\$47.90	\$47.99	\$48.16	\$47.989	\$47.509
Value at end of period	\$52.12	\$52.65	\$53.14	\$52.41	\$50.47	\$48.72	\$47.90	\$47.99	\$48.16	\$47.989
Number of accumulation units outstanding at end of period	22,576	22,595	23,932	23,540	14,898	16,379	17,747	23,605	60,017	68,117
<b>ING UBS U.S. LARGE CAP EQUITY PORTFOLIO</b>										
Value at beginning of period	\$12.86	\$9.88	\$16.61	\$16.62	\$14.70	\$13.61	\$12.01	\$9.73	\$13.116	\$16.788
Value at end of period	\$14.40	\$12.86	\$9.88	\$16.61	\$16.62	\$14.70	\$13.61	\$12.01	\$9.73	\$13.116
Number of accumulation units outstanding at end of period	1,221	1,221	1,221	1,222	1,317	2,075	4,785	4,690	4,693	9,964

**TABLE III**  
FINANCIAL INFORMATION FOR 401 PLANS  
(Selected data for accumulation units outstanding throughout each period)

	<u>2010</u>	<u>2009</u>	<u>2008</u>	<u>2007</u>	<u>2006</u>	<u>2005</u>	<u>2004</u>	<u>2003</u>	<u>2002</u>	<u>2001</u>
<b>ING BALANCED PORTFOLIO</b>										
Value at beginning of period	\$24.03	\$20.39	\$28.70	\$27.51	\$25.31	\$24.57	\$22.73	\$19.35	\$21.829	\$23.063
Value at end of period	\$27.09	\$24.03	\$20.39	\$28.70	\$27.51	\$25.31	\$24.57	\$22.73	\$19.35	\$21.829
Number of accumulation units outstanding at end of period	68,161	82,100	98,259	112,304	145,037	159,543	165,157	160,714	175,653	193,770
<b>ING GROWTH AND INCOME PORTFOLIO</b>										
Value at beginning of period	\$19.55	\$15.19	\$24.65	\$23.23	\$20.28	\$19.26	\$17.98	\$14.43	\$19.472	\$24.151
Value at end of period	\$22.05	\$19.55	\$15.19	\$24.65	\$23.23	\$20.28	\$19.26	\$17.98	\$14.43	\$19.472
Number of accumulation units outstanding at end of period	1,771,298	2,021,219	2,206,134	2,568,207	2,999,206	3,460,420	4,096,242	4,716,596	5,422,927	6,275,874
<b>ING INTERMEDIATE BOND PORTFOLIO</b>										
Value at beginning of period	\$19.06	\$17.29	\$19.12	\$18.25	\$17.75	\$17.41	\$16.80	\$15.99	\$14.941	\$13.904
Value at end of period	\$20.69	\$19.06	\$17.29	\$18.25	\$17.75	\$17.41	\$16.80	\$15.99	\$14.941	\$13.904
Number of accumulation units outstanding at end of period	55,423	60,825	62,713	64,512	77,416	90,160	103,209	116,308	133,853	132,443
<b>ING MONEY MARKET PORTFOLIO</b>										
Value at beginning of period	\$15.28	\$15.42	\$15.20	\$14.63	\$14.11	\$13.86	\$13.88	\$13.92	\$13.865	\$13.500
Value at end of period	\$15.14	\$15.28	\$15.42	\$15.20	\$14.63	\$14.11	\$13.86	\$13.88	\$13.92	\$13.865

Number of accumulation units outstanding at end of period  
**ING UBS U.S. LARGE CAP EQUITY PORTFOLIO**  
Value at beginning of period  
Value at end of period  
Number of accumulation units outstanding at end of period

<u>2010</u>	<u>2009</u>	<u>2008</u>	<u>2007</u>	<u>2006</u>	<u>2005</u>	<u>2004</u>	<u>2003</u>	<u>2002</u>	<u>2001</u>
38,972	73,625	66,946	83,511	114,137	119,534	140,462	173,566	239,633	268,290
\$12.59	\$9.67	\$16.24	\$16.25	\$14.36	\$13.28	\$11.71	\$9.49	\$12.782	\$16.350
\$14.11	\$12.59	\$9.67	\$16.24	\$16.25	\$14.36	\$13.28	\$11.71	\$9.49	\$12.782
25,398	31,276	33,643	45,844	60,397	65,080	72,407	83,945	96,869	118,387

**TABLE IV**  
FINANCIAL INFORMATION FOR 401 PLANS  
FOR CONTRACTS CONTAINING LIMITS ON FEES  
(Selected data for accumulation units outstanding throughout each period)

**ING BALANCED PORTFOLIO**  
Value at beginning of period  
Value at end of period  
Number of accumulation units outstanding at end of period  
**ING GROWTH AND INCOME PORTFOLIO**  
Value at beginning of period  
Value at end of period  
Number of accumulation units outstanding at end of period  
**ING INTERMEDIATE BOND PORTFOLIO**  
Value at beginning of period  
Value at end of period  
Number of accumulation units outstanding at end of period  
**ING MONEY MARKET PORTFOLIO**  
Value at beginning of period  
Value at end of period  
Number of accumulation units outstanding at end of period  
**ING UBS U.S. LARGE CAP EQUITY PORTFOLIO**  
Value at beginning of period  
Value at end of period  
Number of accumulation units outstanding at end of period

<u>2010</u>	<u>2009</u>	<u>2008</u>	<u>2007</u>	<u>2006</u>	<u>2005</u>	<u>2004</u>	<u>2003</u>	<u>2002</u>	<u>2001</u>
\$24.45	\$20.66	\$28.95	\$27.63	\$25.31	\$24.46	\$22.52	\$19.09	\$21.445	\$22.557
\$27.69	\$24.45	\$20.66	\$28.95	\$27.63	\$25.31	\$24.46	\$22.52	\$19.09	\$21.445
1,114	1,065	1,463	1,490	1,556	1,580	1,699	1,842	1,908	1,929
\$20.23	\$15.65	\$25.28	\$23.72	\$20.92	\$19.50	\$18.12	\$14.48	\$19.453	\$24.020
\$22.92	\$20.23	\$15.65	\$25.28	\$23.72	\$20.92	\$19.50	\$18.12	\$14.48	\$19.453
4,054	4,828	5,144	5,456	6,423	6,598	7,968	8,966	9,703	12,413
\$20.00	\$18.08	\$19.92	\$18.95	\$18.36	\$17.96	\$17.27	\$16.38	\$15.252	\$14.146
\$21.78	\$20.00	\$18.08	\$19.92	\$18.95	\$18.36	\$17.96	\$17.7	\$16.38	\$15.252
401	512	554	554	460	645	645	645	2,005	2,039
\$15.58	\$15.69	\$15.44	\$14.83	\$14.28	\$14.00	\$13.99	\$14.01	\$13.923	\$13.531
\$15.47	\$15.58	\$15.69	\$15.44	\$14.83	\$14.28	\$14.00	\$13.99	\$14.01	\$13.923
602	639	869	934	968	1,064	1,133	1,174	1,744	2,007
\$12.67	\$9.171	\$16.28	\$16.25	\$14.34	\$13.24	\$11.65	\$9.42	\$12.668	\$16.173
\$14.23	\$12.67	\$9.71	\$16.28	\$16.25	\$14.34	\$13.24	\$11.65	\$9.42	\$12.668
2,538	2,600	2,601	2,665	2,666	2,814	2,815	2,752	2,751	2,855