

ING LOGO  
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May 3, 2010

**BY EDGARLINK**

U.S. Securities and Exchange Commission  
100 F Street, NE  
Washington, DC 20549

**Re: ReliaStar Life Insurance Company**  
**ReliaStar Select Variable Account**  
**Prospectus Title: Select\* Annuity III**  
**File Nos.: 033-69892 and 811-03341**  
**Rule 497(j) Filing**

Ladies and Gentlemen:

On behalf of ReliaStar Life Insurance Company and its ReliaStar Select Variable Account, we hereby certify pursuant to Rule 497(j) of the Securities Act of 1933, as amended, that:

- The form of Prospectus, Prospectus Supplement and Statement of Additional Information that would have been filed under Rule 497(c) would not have differed from that contained in the most recent post-effective amendment to the above-referenced Registration Statement; and
- The text of the most recent post-effective amendment to the above-referenced Registration Statement was filed electronically by EDGARLink on April 19, 2010.

If you have any questions regarding this submission, please call the undersigned at 860-580-2824.

Sincerely,

/s/ J. Neil McMurdie  
J. Neil McMurdie



Windsor Site  
One Orange Way, C1S  
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ING North America Insurance Corporation