

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

**ING Marathon Plus (IICA)
Issued By ING Life Insurance and Annuity Company
Through its Variable Annuity Account I**

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.

1. **Effective April 29, 2011**, ING Van Kampen Equity and Income Portfolio changed its name to ING Invesco Van Kampen Equity and Income Portfolio and the subadviser is changed to Invesco Advisers, Inc.
2. **Effective April 29, 2011**, the following additional funds are available under your contract:

ING American Funds Asset Allocation Portfolio*
ING American Funds Growth Portfolio*
ING American Funds International Portfolio*
ING American Funds World Allocation Portfolio*
ING Artio Foreign Portfolio (Class S)
ING Baron Small Cap Growth Portfolio (Class S)
ING BlackRock Inflation Protection Bond Portfolio (Class S)
ING Franklin Income Portfolio (Class S)
ING Franklin Mutual Shares Portfolio (Class S)
ING Franklin Templeton Founding Strategy 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 PIMCO Total Return Bond Portfolio (Class S)
ING Retirement Conservative Portfolio (Class ADV)*
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)
ING T. Rowe Price Capital Appreciation Portfolio (Class S)

* These investment portfolios are offered in a "Master-Feeder" or "Fund of Funds" structure. These funds may have higher fees and expenses than a fund that invests directly in debt and equity securities because they also incur the fees and expenses of the underlying funds in which they invest.

3. Accordingly, **effective April 29, 2011**, the following information is added to Appendix III:

Fund Name and Investment Adviser/Subadviser		Investment Objective
ING American Funds Asset Allocation Portfolio		Seeks high total return (including income and capital gains) consistent with preservation of capital over the long term.
Investment Adviser: ING Investments, LLC		
Investment Adviser to the Master Funds: Capital Research and Management Company SM		

Fund Name and Investment Adviser/Subadviser	Investment Objective
ING American Funds Growth Portfolio Investment Adviser: ING Investments, LLC Investment Adviser to Master Funds: Capital Research and Management Company SM	Seeks to provide you with growth of capital.
ING American Funds International Portfolio Investment Adviser: ING Investments, LLC Investment Adviser to Master Funds: Capital Research and Management Company SM	Seeks to provide you with long-term growth of capital.
ING American Funds World Allocation Portfolio Investment Adviser: Directed Services LLC Subadviser: Asset Allocation Committee	Seeks long-term growth of capital.
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 BlackRock Inflation Protected Bond Portfolio Investment Adviser: Directed Services LLC Subadviser: BlackRock Financial Management Inc.	<i>A non-diversified</i> Portfolio that seeks to maximize real return, consistent with preservation of real capital and prudent investment management.
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.

Fund Name and Investment Adviser/Subadviser	Investment Objective
ING Franklin Templeton Founding Strategy Portfolio Investment Adviser: Directed Services LLC	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 PIMCO Total Return Bond Portfolio Investment Adviser: Directed Services LLC Subadviser: Pacific Investment Management Company LLC	Seeks maximum total return, consistent with preservation of capital and prudent investment management.
ING Retirement Conservative 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 conservative level of risk relative to the other ING Retirement Portfolios.
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 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 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 SmallCap Opportunities Portfolio Investment Adviser: ING Investments, LLC Subadviser: ING Investment Management Co.	Seeks long-term capital appreciation.
ING T. Rowe Price Capital Appreciation Portfolio Investment Adviser: Directed Services LLC Subadviser: T. Rowe Price Associates, Inc.	Seeks, over the long-term, a high total investment return, consistent with the preservation of capital and prudent investment risk.