

**ReliaStar Life Insurance Company
Separate Account N**

ING Encore/ING Encore Flex

**Supplement dated May 17, 2006 to the current
Contract Prospectus dated April 28, 2006, as Supplemented**

The information in this Supplement updates and amends certain information contained in the current Contract Prospectus. You should read this Supplement along with the current Contract Prospectus.

The Fidelity® Variable Insurance Products portfolios referenced in the Description of Underlying Funds in Appendix IV on page 65 of the Contract Prospectus are deleted and replaced with the following:

Fund Name	Investment Adviser/ Subadviser	Investment Objective(s)
<p>ING Partners, Inc. – ING Fidelity® VIP Contrafund® Portfolio*</p> <p>* Fidelity and Contrafund are registered trademarks of FMR Corp.</p>	<p>ING Life Insurance and Annuity Company</p> <p>Subadviser (Investment Adviser to the Master Fund): Fidelity Management & Research Company (FMR)</p>	<p>Seeks long-term capital appreciation. The Portfolio is a “feeder fund” which invests all of its assets in the “master fund,” Service Class 2 shares of the Fidelity® VIP Contrafund® Portfolio, a series of Fidelity Variable Insurance Products Fund II.</p>
<p>ING Partners, Inc. – ING Fidelity® VIP Equity-Income Portfolio</p>	<p>ING Life Insurance and Annuity Company</p> <p>Subadviser (Investment Adviser to the Master Fund): Fidelity Management & Research Company (FMR)</p>	<p>Seeks reasonable income. Will also consider the potential for capital appreciation. The Portfolio’s goal is to achieve a yield that exceeds the composite yield on the securities comprising the S&P 500 Index. The Portfolio is a “feeder fund” which invests all of its assets in the “master fund,” Service Class 2 shares of the Fidelity® VIP Equity Income Portfolio, a series of Fidelity Variable Insurance Products Fund.</p>
<p>ING Partners, Inc. – ING Fidelity® VIP Growth Portfolio</p>	<p>ING Life Insurance and Annuity Company</p> <p>Subadviser (Investment Adviser to the Master Fund): Fidelity Management & Research Company (FMR)</p>	<p>Seeks capital appreciation. The Portfolio is a “feeder fund” which invests all of its assets in the “master fund,” Service Class 2 shares of the Fidelity® VIP Growth Portfolio, a series of Fidelity Variable Insurance Products Fund.</p>
<p>ING Partners, Inc. – ING Fidelity® VIP Mid Cap Portfolio</p>	<p>ING Life Insurance and Annuity Company</p> <p>Subadviser (Investment Adviser to the Master Fund): Fidelity Management & Research Company (FMR)</p>	<p>Seeks long-term growth of capital. The Portfolio is a “feeder fund” which invests all of its assets in the “master fund,” Service Class 2 shares of the Fidelity® VIP Mid Cap Portfolio, a series of Fidelity Variable Insurance Products Fund III.</p>