

**ReliaStar Life Insurance Company
and its Separate Account N**

ING Advantage Century PlusSM

**Supplement dated July 28, 2006 to the Contract Prospectus dated April 28, 2006,
as supplemented**

This supplement updates certain information contained in your Contract Prospectus.
Please read it carefully and keep it with your Contract Prospectus for future reference.

The paragraph entitled “Mortality and Expense Risk Charges – Maximum Amount” in
the section entitled “Fees” in your Contract Prospectus is hereby deleted and replaced
with the following:

Mortality and Expense Risk Charges

Maximum Amount. The amount of these charges, on an annual basis, is equal to 1.25% of the daily value
of amounts invested in the subaccounts.

Mortality Risk Charge	0.85%
Expense Risk Charge.....	<u>0.40%</u>
Total Mortality and Expense Risk Charge.....	<u>1.25%</u>