

SECURITIES AND EXCHANGE COMMISSION

FORM 497

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VARIABLE ANNUITY ACCOUNT B OF ING LIFE INS & ANNUITY CO

CIK: **103005** | State of Incorporation: **CT** | Fiscal Year End: **1231**
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ING LIFE INSURANCE AND ANNUITY COMPANY
VARIABLE ANNUITY ACCOUNT B OF ING LIFE INSURANCE AND ANNUITY COMPANY

PROSPECTUS SUPPLEMENT
DATED FEBRUARY 17, 2004

SUPPLEMENT TO THE PROSPECTUSES
DATED MAY 1, 2003
FOR
DEFERRED COMBINATION VARIABLE AND FIXED ANNUITY CONTRACTS
ISSUED BY
ING LIFE INSURANCE AND ANNUITY COMPANY
"ING Marathon Plus and ING Variable Annuity Prospectuses"

The information in this supplement updates and amends certain information contained in the prospectus dated May 1, 2003. You should read and keep this supplement along with the prospectus.

ING VP TECHNOLOGY PORTFOLIO -

The subadviser information listed in Appendix III, "Description of Underlying Funds," is revised to reflect that effective January 1, 2004, BlackRock Advisors, Inc. (BlackRock) began serving as subadviser to the ING VP Technology Portfolio (Portfolio) under an interim subadvisory agreement approved by the Board of Directors of ING Variable Portfolios, Inc. If shareholders approve BlackRock as the subadviser to the Portfolio after the interim period, the Portfolio will enter into a new subadvisory agreement with BlackRock.

Effective February 17, 2004, the name of ING VP Technology Portfolio changes to ING VP Global Science and Technology Portfolio. Accordingly, all references to ING VP Technology Portfolio in the Prospectus are hereby replaced with ING VP Global Science and Technology Portfolio.

131960 - ILIAC Marathon Plus Variable Annuity

02/17/04