

SECURITIES AND EXCHANGE COMMISSION

FORM EFFECT

Notifications of effectiveness for Securities Act registration statements and post-effective amendments

Filing Date: **2012-04-30**
SEC Accession No. [999999995-12-001262](#)

([HTML Version](#) on [secdatabase.com](#))

FILER

ING LIFE INSURANCE & ANNUITY CO

CIK:[837010](#) | IRS No.: [710294708](#) | State of Incorp.:[CT](#) | Fiscal Year End: [1231](#)
Type: **EFFECT** | Act: [33](#) | File No.: [333-166370](#) | Film No.: [12797743](#)
SIC: [6311](#) Life insurance

Mailing Address
*ONE ORANGE WAY
WINDSOR CT 06095-4774*

Business Address
*ONE ORANGE WAY
WINDSOR CT 06095-4774
860-580-2851*

**UNITED STATES
SECURITIES AND EXCHANGE COMMISSION**

Washington, D.C. 20549

Notice of Effectiveness

Effectiveness Date: April 30, 2012
Accession Number: 0000836687-12-000057
Submission Type: POS AM

CIK: [0000837010](#)
Company Name: ING LIFE INSURANCE & ANNUITY CO
File Number: [333-166370](#)