

# SECURITIES AND EXCHANGE COMMISSION

## FORM EFFECT

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

Filing Date: **2012-04-30**  
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### FILER

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#### **ING LIFE INSURANCE & ANNUITY CO**

CIK:[837010](#) | IRS No.: **710294708** | State of Incorp.:**CT** | Fiscal Year End: **1231**  
Type: **EFFECT** | Act: **33** | File No.: **333-180532** | Film No.: **12802551**  
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 1:00 A.M.

**Form:** S-3

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**CIK:** [0000837010](#)

**Company Name:** ING LIFE INSURANCE & ANNUITY CO

**File Number:** [333-180532](#)