

VARIABLE ANNUITIES PORTFOLIO ALLOCATION AND TRANSFER REQUEST (ING Advantage, Advantage Century, & Advantage Century Plus)

ReliaStar Life Insurance Company ("the Company")
Home Office: Minneapolis, MN
A member of the ING family of companies
ING Service Center
PO Box 5050, Minot, ND 58702-5050
Toll Free: 877-884-5050



Contract Number _____

Contract Owner Name _____ SSN _____

Mailing Address _____

City _____ State _____ ZIP _____ Phone # _____

Joint Contract Owner Name _____ SSN _____

If any of the following are active on your account, please check all that apply:

Current Payout Scheduled Rebalance Current Dollar Cost Averaging

FUTURE PURCHASE PAYMENT ALLOCATION (NEW MONEYS COMING INTO ACCOUNT(S))

Stability of Principal

Money Market

_____% 070 Fidelity® VIP Money Market Portfolio

_____% 089 ING Liquid Assets Portfolio

Bonds

High Yield Bond

_____% 002 Pioneer High Yield VCT Portfolio

_____% 107 ING Pioneer High Yield Portfolio

Intermediate Government

_____% 019 PIMCO VIT Real Return Portfolio

Intermediate-Term Bond

_____% 051 ING PIMCO Total Return Portfolio

_____% 065 ING Intermediate Bond Portfolio

_____% 074 Fidelity® VIP Investment Grade Bond Portfolio

Short-Term Bond

_____% 088 ING Limited Maturity Bond Portfolio

Asset Allocation

Lifecycle

_____% 115 ING Solution Income Portfolio

_____% 116 ING Solution 2015 Portfolio

_____% 117 ING Solution 2025 Portfolio

_____% 118 ING Solution 2035 Portfolio

_____% 119 ING Solution 2045 Portfolio

LifeStyle

_____% 044 ING Strategic Allocation Conservative Portfolio

_____% 045 ING Strategic Allocation Moderate Portfolio

_____% 046 ING Strategic Allocation Growth Portfolio

Balanced

Moderate Allocation

_____% 054 ING MFS Total Return Portfolio

_____% 078 ING Van Kampen Equity and Income Portfolio

_____% 092 ING Balanced Portfolio¹

_____% 093 ING T.Rowe Price Capital Appreciation Portfolio

Large Cap Value

Large Blend

_____% 043 ING Index Plus LargeCap Portfolio

_____% 062 ING Growth and Income Portfolio

_____% 075 ING Davis Venture Value

_____% 077 ING UBS US LargeCap Equity Portfolio

_____% 082 Fidelity® Index 500 Portfolio

_____% 085 ING Pioneer Fund Portfolio

_____% 095 Neuberger & Berman Socially Responsive Fund

_____% 140 ING Russell Large Cap Index Portfolio

_____% 142 ING U.S. Stock Index Portfolio

Large Value

_____% 005 ING Van Kampen Growth & Income Portfolio

_____% 053 ING Van Kampen Comstock Portfolio

_____% 072 Fidelity® Equity Income Portfolio

_____% 106 ING Lord Abbett Growth & Income Portfolio

_____% 109 ING Pioneer Equity Income Portfolio

_____% 113 American Funds Insurance Series Growth-Income Fund

_____% 132 ING T. Rowe Price Equity Income Portfolio

(continued on next page)

¹Not available for additional deposit.

²Not available for 403(b) plans issued in Texas on or after 6/1/2002.

Must be in whole percentages and total 100%. Changing the future payment allocations will not alter amounts currently held in the funds/sub-accounts. Contract may be limited to number of fund/sub-account choices.

FUTURE PURCHASE PAYMENT ALLOCATION (NEW MONEYS COMING INTO ACCOUNT(S)) (continued)

Large Cap Growth

Large Growth

- ____% 052 ING T.Rowe Price Growth Equity Portfolio
- ____% 069 ING Legg Mason ClearBridge Aggressive Growth Portfolio
- ____% 083 Fidelity® VIP Contrafund® Portfolio
- ____% 101 ING BlackRock LargeCap Growth Portfolio
- ____% 112 American Funds Insurance Series Growth Fund Portfolio
- ____% 120 ING Marsico Growth Portfolio
- ____% 170 ING Russell Large Cap Growth Index Portfolio

Small/Mid/Specialty

Mid-Cap Blend

- ____% 042 ING Index Plus MidCap Portfolio

Mid-Cap Growth

- ____% 003 Wanger Select Portfolio
- ____% 010 ING T.Rowe Diversified MidCap Growth Portfolio
- ____% 027 ING MidCap Opportunities Portfolio
- ____% 038 ING FMR Diversified MidCap Portfolio
- ____% 171 ING Russell Mid Cap Growth Index Portfolio

Mid-Cap Value

- ____% 049 ING JP Morgan MidCap Value Portfolio
- ____% 086 ING Pioneer MidCap Value Portfolio
- ____% 138 Lord Abbett MidCap Value Portfolio

Small Blend

- ____% 041 ING Index Plus SmallCap Portfolio
- ____% 087 ING JPMorgan SmallCap Core Equity Portfolio

Small Growth

- ____% 004 Wanger USA Fund
- ____% 020 ING SmallCap Opportunities Portfolio
- ____% 048 ING Baron SmallCap Growth Portfolio²

Small Value

- ____% 047 ING American Century SmallCap-MidCap Value Portfolio²
- ____% 066 Franklin SmallCap Value Securities Fund Portfolio

Specialty – Natural Resources

- ____% 100 ING Global Resources Service Portfolio

Specialty – Real Estate

- ____% 139 ING Clarion Global Real Estate Portfolio

Specialty – Technology

- ____% 057 ING BlackRock Global Science & Technology Portfolio

Global / International

Diversified Emerging Mkts

- ____% 039 ING JPMorgan Emerging Markets Equity Portfolio

Foreign Large Blend

- ____% 029 ING Artio Foreign Portfolio
- ____% 173 ING International Index Portfolio

Foreign Large Growth

- ____% 084 ING Marsico International Opportunities Portfolio
- ____% 114 American Funds Insurance Series International Fund

Foreign Large Value

- ____% 024 ING International Value Portfolio
- ____% 103 ING Templeton Foreign Equity Portfolio

World Stock

- ____% 050 ING Oppenheimer Global Portfolio

Fixed Accounts

- ____% 180 Fixed Account A
- ____% 181 Fixed Account B (Not available in Plus Series)

Other

- ____% _____
- ____% _____
- ____% _____

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SUB-ACCOUNT TRANSFER (MONEYS CURRENTLY IN ACCOUNT)

Transfer Moneys From	Percentage % (or) Dollar Amount \$	Transfer Moneys To	Percentage % (or) Dollar Amount \$

See Prospectus about transfers into and out of the Fixed Accounts. Sub-Account transfers will not alter the future purchase allocation.

ENCLOSED PURCHASE PAYMENT (IRA/NON-QUALIFIED ONLY)

I have enclosed a check for \$ _____.

Stability of Principal**Money Market**

- _____ % 070 Fidelity® VIP Money Market Portfolio
- _____ % 089 ING Liquid Assets Portfolio

Bonds**High Yield Bond**

- _____ % 002 Pioneer High Yield VCT Portfolio
- _____ % 107 ING Pioneer High Yield Portfolio

Intermediate Government

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Asset Allocation**Lifecycle**

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- _____ % 117 ING Solution 2025 Portfolio
- _____ % 118 ING Solution 2035 Portfolio
- _____ % 119 ING Solution 2045 Portfolio

LifeStyle

- _____ % 044 ING Strategic Allocation Conservative Portfolio
- _____ % 045 ING Strategic Allocation Moderate Portfolio
- _____ % 046 ING Strategic Allocation Growth Portfolio

Balanced**Moderate Allocation**

- _____ % 054 ING MFS Total Return Portfolio
- _____ % 058 ING OpCap Balanced Value Portfolio¹
- _____ % 078 ING Van Kampen Equity and Income Portfolio
- _____ % 092 ING Balanced Portfolio¹
- _____ % 093 ING T.Rowe Price Capital Appreciation Portfolio

Large Cap Value**Large Blend**

- _____ % 043 ING Index Plus LargeCap Portfolio
- _____ % 062 ING Growth and Income Portfolio
- _____ % 075 ING Davis Venture Value
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Large Cap Growth**Large Growth**

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Small/Mid/Specialty**Mid-Cap Blend**

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Specialty – Natural Resources

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Specialty – Real Estate

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Specialty – Technology

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ENCLOSED PURCHASE PAYMENT (IRA/NON-QUALIFIED ONLY) (Continued)**Global / International****Diversified Emerging Mkts**

____% 039 ING JPMorgan Emerging Markets Equity Portfolio

Foreign Large Blend

____% 029 ING Artio Foreign Portfolio

____% 173 ING International Index Portfolio

Foreign Large Growth

____% 084 ING Marsico International Opportunities Portfolio

____% 114 American Funds Insurance Series International Fund

Foreign Large Value

____% 024 ING International Value Portfolio

____% 103 ING Templeton Foreign Equity Portfolio

World Stock

____% 050 ING Oppenheimer Global Portfolio

Fixed Accounts

____% 180 Fixed Account A

____% 181 Fixed Account B (Not available in Plus Series)

Other

____% _____

____% _____

____% _____

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Must be in whole percentages and total 100%. The purchase will not alter the future purchase payment allocation.

EXCESSIVE TRADING POLICY

ING will monitor transfer activity and will restrict transfers that constitute Excessive Trading. ING's definition of excessive trading (effective 10-16-07) is based on a "round trip", defined as a Buy and Sell of the same fund. A violation occurs upon the completion of either two round trips within 60 calendar days or six round trips within a rolling 12 months. We may modify our general standard, or the standard set as it may apply to a particular fund, at any time without prior notice, depending on, among other factors, the needs of the underlying fund(s), the best interests of contract owners, participants, and fund investors, and/or state or federal regulatory requirements.

SIGNATURES

Owner Signature _____ Date _____

Joint Owner Signature _____ Date _____