

ING Canada Offers Shareholders Dividend Reinvestment Options

ING Canada Inc. (TSX:IIC.LV) announced today that holders of its common shares and prospective investors can now reinvest their dividends in additional shares of the Company by way of either a Dividend Re-investment Plan ("the Plan") administered through the company's transfer agent or via the Co-Operative Investing Service ("the CSI Option") operated by Canadian ShareOwner Investments Inc. ("CSI"). Dividend re-investment purchases under either alternative will be made free of commissions.

The Plan

Shareholders should contact their broker directly to enrol in the Plan and to obtain full details of their broker's relevant administrative practices and charges, if any. Some brokers may require their clients to hold a minimum number of shares to participate in the Plan.

Common shares distributed under the Plan will, at the option of ING Canada, be issued directly from treasury at a price calculated on the basis of market value, or purchased directly in the open market.

A copy of the Plan can be found under "Investor Relations" on the Company's web site at www.ingcanada.com or may be obtained by contacting the ING Canada Investor Relations department at 181 University Avenue, 7th Floor, Toronto, Ontario, M5H 3M7, by telephone at 1-866-778-0774 (toll-free) or by Email at ir@ingcanada.com.

CSI Option

Shareholders may alternatively choose to reinvest ING Canada dividends at no cost through CSI. There is no minimum shareholding requirement and investors have access to low-cost, co-operative purchases and sales in ING shares every Tuesday, as well as competitively-priced online and telephone trading.

CSI Option participants require an account at CSI where they can transfer and acquire ING shares; both trading and registered retirement savings accounts are eligible.

Interested persons should contact CSI directly by calling 1-866-644-6881 (toll-free) or (416) 595-7200 or through their web site at www.investments.shareowner.com/ing.html.

Residents of the United States are not eligible to participate in either the Plan or the CSI Option as the shares are not registered under the United States' Securities Act of 1933.

ING Canada's next dividend is payable in the amount of \$0.1625 per share on September 30, 2005 to shareholders of record on September 20, 2005. Both the Plan and the CSI Option are effective as of today's date.

About ING Canada

ING Canada is the largest provider of property and casualty insurance in the country, offering automobile, property and liability insurance to individuals and businesses through its insurance subsidiaries.

About Canadian ShareOwner Investments

Canadian ShareOwner Investments, a member of the Investment Dealers Association of Canada (IDA) and the Canadian Investors Protection Fund (CIPF), is Canada's only dollar-based investment dealer with a dividend re-investment and share purchase service that accommodates both whole and fractional shares.

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