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2016 Form 5498 IRA Contribution Information		OMB No. 1545-0747																																																													
Copy B: For Participant This information is being furnished to the Internal Revenue Service.		Statement date: 05/12/2017 Account number: 0004509576																																																													
PARTICIPANT'S social security number: XXX-XX-5783 ELIZABETH WICHMAN		TRUSTEE'S or ISSUER'S federal identification number: 91-1905424 Phone number: (866) 747-2537 customerservice@capitaloneinvesting.com Capital One Investing, LLC																																																													
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Instructions for Participant

The information on Form 5498 is submitted to the Internal Revenue Service by the trustee or issuer of your individual retirement arrangement (IRA) to report contributions, including any catch-up contributions, required minimum distributions (RMDs), and the fair market value (FMV) of the account. For information about IRAs, see Pubs. 590-A, 590-B, and 560.

Participant's identification number. For your protection, this form may show only the last four digits of your SSN, ITIN, ATIN, or EIN. However, the trustee or issuer has reported your complete identification number to the IRS.

Account number. May show an account or other unique number the trustee or issuer assigned to distinguish your account.

Line 1. Shows traditional IRA contributions for 2016 you made in 2016 and through April 18, 2017. These contributions may be deductible on your Form 1040 or 1040A. However, if you or your spouse was an active participant in an employer's pension plan, these contributions may not be deductible. This line does not include amounts on lines 2-4, 8-10, 13a, and 14a.

Line 2. Shows any rollover, including a direct rollover to a traditional IRA or Roth IRA, or a qualified rollover contribution (including a military death gratuity, SGLI payment, or qualified settlement income) to a Roth IRA you made in 2016. It does not show any amounts you converted from your traditional IRA, SEP IRA, or SIMPLE IRA to a Roth IRA. They are shown on line 3. See the Form 1040 or 1040A instructions for information on how to report rollovers. If you have ever made any nondeductible contributions to your traditional IRA or SEP IRA and you did not roll over the total distribution, use Form 8606 to figure the taxable amount. If property was rolled over, see Pub. 590-A. For a qualified rollover to a Roth IRA, also see Pub. 590-A.

Line 3. Shows the amount converted from a traditional IRA, SEP IRA, or SIMPLE IRA to a Roth IRA in 2016. Use Form 8606 to figure the taxable amount.

Line 4. Shows amounts recharacterized from transferring any part of the contribution (plus earnings) from one type of IRA to another. See Pub. 590-A.

Line 5. Shows the FMV of all investments in your account at year end. However, if a decedent's name is shown, the amount reported may be the FMV on the date of death. If the FMV shown is zero for a decedent, the executor or administrator of the estate may request a date-of-death value from the financial institution.

Line 6. Shows for endowment contracts only the amount allocable to the cost of life insurance. Subtract this amount from your allowable IRA contribution included on line 1 to compute your IRA deduction.

Line 7. May show the kind of IRA reported on this Form 5498.

Line 8. Shows SEP contributions made in 2016, including contributions made in 2016 for 2015, but not including contributions made in 2017 for 2016. If made by your employer, do not deduct on your income tax return. If you made the contributions as a self-employed person (or partner), they may be deductible. See Pub. 560.

Line 9. Shows SIMPLE contributions made in 2016, including contributions made in 2016 for 2015, but not including contributions made in 2017 for 2016. If made by your employer,

do not deduct on your income tax return. If you made the contributions as a self-employed person (or partner), they may be deductible. See Pub. 560.

Line 10. Shows Roth IRA contributions you made in 2016 and through April 18, 2017. Do not deduct on your income tax return.

Line 11. If the line is checked, you must take an RMD for 2017. An RMD may be required even if the line is not checked. If you do not take the RMD for 2017, you are subject to a 50% excise tax on the amount not distributed. See Pub. 590-B for details.

Line 12a. Shows the date by which the RMD amount on line 12b must be distributed to avoid the 50% excise tax on the undistributed amount for 2017.

Line 12b. Shows the amount of the RMD for 2017. If line 11 is checked and there is no amount on this line, the trustee or issuer must provide you the amount or offer to calculate the amount in a separate statement by January 31, 2017.

Line 13a. Shows the amount of any postponed contribution made in 2016 for a prior year.

Line 13b. Shows the year to which the postponed contribution on line 13a was credited.

Line 13c. For participants who made a postponed contribution due to an extension of the contribution due date because of a federally designated disaster, shows the code FD.

For participants who served in designated combat zones, qualified hazardous duty areas, or in direct support areas, shows the appropriate code. The codes are: EO13239 for Afghanistan and associated direct support areas, EO12744 for the Arabian Peninsula areas, and EO13119 (or PL106-21) for the Yugoslavia operations areas. For additional information, including a list of locations within the designated combat zones, qualified hazardous duty areas, and direct support areas, see Pub. 3. For updates to the list of locations, go to www.irs.gov/form5498.

Line 14a. Shows the amount of any repayment of a qualified reservist distribution or federally designated disaster withdrawal repayment. See Pub. 590-A for reporting repayments.

Line 14b. Shows the code QR for the repayment of a qualified reservist distribution or code DD for repayment of a federally designated disaster distribution.

Line 15a. Shows the FMV of the investments in the IRA that are specified in the categories identified on line 15b.

Line 15b. The following codes show the type(s) of investments held in your account for which the FMV is required to be reported on line 15a. **A**--Stock or other ownership interest in a corporation that is not readily tradable on an established securities market. **B**--Short- or long-term debt obligation that is not traded on an established securities market. **C**--Ownership interest in a limited liability company or similar entity (unless the interest is traded on an established securities market). **D**--Real estate. **E**--Ownership interest in a partnership, trust, or similar entity (unless the interest is traded on an established securities market). **F**--Option contract or similar product that is not offered for trade on an established option exchange. **G**--Other asset that does not have a readily available FMV. **H**--More than two types of assets (listed in A through G) are held in this IRA.