Helaba
Landesbank Hessen-Thüringen Girozentrale
(Incorporated as a public law institution in the Federal Republic of Germany)

acting through its office in Frankfurt am Main, or, as the case may be, through its London branch

3rd Supplement (the "**Supplement**")
dated 18 March 2019 to the
Information Memorandum dated 04 July 2017

relating to the
Helaba Euro 10,000,000,000 Euro-commercial Paper/Euro-certificate of Deposit
Programme
(the "**Programme**")

Ratings
Moody's: P-1
Fitch: F1+

Arranger

Citigroup

Dealers

Helaba	**Barclays**
Citigroup	**UBS Investment Bank**
ING	

Issuing and Paying Agent

Citibank, N.A.

Paying Agent

Helaba

This Supplement is supplemental to, and should be read in conjunction with the Information Memorandum dated 04 July 2017 relating to EUR 10,000,000,000 Euro-commercial Paper/Euro-certificate of Deposit Programme of Landesbank Hessen-Thüringen Girozentrale.

This Supplement will be published in electronic form on the website of the Issuer under www.helaba.com and on the STEP market website under www.stepmarket.org and will be available free of charge at the specified offices of the Issuer.

General Information

Landesbank Hessen-Thüringen Girozentrale (the "**Issuer**" or "**Helaba**") is solely responsible for the information given in this Supplement.

The Issuer hereby declares that, having taken all reasonable care to ensure that such is the case, the information contained in this Supplement for which it is responsible, is to the best of its knowledge, in accordance with the facts and contains no omission likely to affect its import.
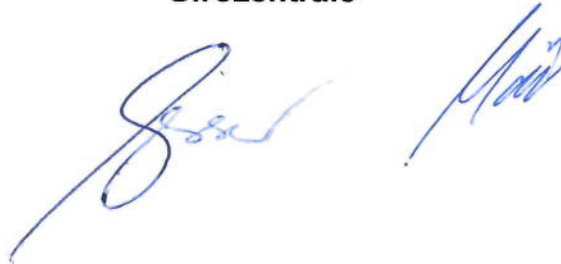
Updated Information

Referring to the information given in the Information Memorandum on page 1, 2, 7, and 48 regarding the Dealers appointed by the Issuer pursuant to the amended and restated dealer agreement dated 7 July 2014 the information will be updated as follows:

As from 18 March 2019 Barclays Bank Ireland PLC, Dublin, is appointed as additional Dealer in the a.m. Programme.

Frankfurt/Main, 18 March 2019

For and on behalf of

**Landesbank Hessen-Thüringen
Girozentrale**