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Exchange Act (17 CFR 240.14d-2(b))

Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))

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Item 7.01 Regulation FD Disclosure.

First Trust MLP and Energy Income Fund (the "Fund") is filing herewith a press release issued on April 21, 2017, as Exhibit 99.1. The press release was issued by First Trust Advisors L.P. to report that on April 25, 2017, the Fund will release an update on the market and the Fund. Details regarding the update are contained in the press release included herein.

Item 9.01 Financial Statements and Exhibits.

(d) Exhibits

Exhibit Number	Description
99.1	Press release of First Trust Advisors L.P. dated April 21, 2017.

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

Dated: April 21, 2017

FIRST TRUST MLP AND ENERGY INCOME FUND

By: /s/ W. Scott Jardine

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Name: W. Scott Jardine

Title: Secretary

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