BlackRock Enhanced Capital and Income Fund, Inc.

Cusip: 09256A109

Ticker: CII

Record Date	May 15, 2024
Pay Date	May 31, 2024

Distribution Amount per share	$	0.099500

The following table sets forth the estimated amounts of the current distribution and the cumulative distributions paid this fiscal year to date from the following sources: net income, net realized short-term capital gains, net realized long-term capital gains and return of capital. All amounts are expressed per common share.

	Current Distribution	% Breakdown of the Current Distribution	Total Cumulative Distributions for the Fiscal Year to Date	% Breakdown of the Total Cumulative Distributions for the Fiscal Year to Date
Net Income	$ 0.005084	5%	$ 0.037164	7%
Net Realized Short-Term Capital Gains	$ -	0%	$ -	0%
Net Realized Long-Term Capital Gains	$ 0.094416	95%	$ 0.460336	93%
Return of Capital	$ -	0%	$ -	0%
Total (per common share)	$ 0.099500	100%	$ 0.497500	100%

Average annual total return (in relation to NAV) for the 5-year period ending on April 30, 2024	11.12%
Annualized current distribution rate expressed as a percentage of NAV as of April 30, 2024	5.91%
Cumulative total return (in relation to NAV) for the fiscal year through April 30, 2024	4.19%
Cumulative fiscal year distributions as a percentage of NAV as of April 30, 2024	1.97%

You should not draw any conclusions about the Fund's investment performance from the amount of this distribution or from the terms of the Fund's Managed Distribution Plan.

The amounts and sources of distributions reported in this Notice are only estimates and are not being provided for tax reporting purposes. The actual amounts and sources of the amounts for tax reporting purposes will depend upon the Fund's investment experience during its fiscal year and may be subject to changes based on tax regulations. The Fund will send you a Form 1099-DIV for the calendar year that will tell you how to report these distributions for federal income tax purposes.

Contact Number: 800-882-0052