UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

FORM 8-K

CURRENT REPORT

Pursuant to Section 13 or 15(d) of The Securities Exchange Act of 1934

June 25, 2020
Date of Report (Date of earliest event reported)

CAPITAL ONE FINANCIAL CORPORATION

(Exact name of registrant as specified in its charter)

001-13300

54-1719854

	(State or other jurisdiction of incorporation)	(Commission File Number)	(IRS Employer Identification No.)			
	1680 Capital One Drive,					
	McLean, Virginia		22102			
	(Address of principal executive offices)		(Zip Code)			
	Regist	rant's telephone number, including area code: (703) 720-1	000			
(Not applicable) (Former name or former address, if changed since last report)						
	x the appropriate box below if the Form 8-K filing is intended to below):	o simultaneously satisfy the filing obligation of the registrant	under any of the following provisions (see General Instruction			
	Written communications pursuant to Rule 425 under the Sec Soliciting material pursuant to Rule 14a-12 under the Exchat Pre-commencement communications pursuant to Rule 14d-2 Pre-commencement communications pursuant to Rule 13e-4	nge Act (17 CFR 240.14a-12) (b) under the Exchange Act (17 CFR 240.14d-2(b))				

Securities registered pursuant to Section 12(b) of the Act:

Title of Each Class	Trading Symbol(s)	Name of Each Exchange on Which Registered
Common Stock (par value \$.01 per share)	COF	New York Stock Exchange
Depositary Shares, Each Representing a 1/40th Interest in a Share of Fixed Rate Non-Cumulative Perpetual Preferred Stock, Series F	COF PRF	New York Stock Exchange
Depositary Shares, Each Representing a 1/40th Interest in a Share of Fixed Rate Non-Cumulative Perpetual Preferred Stock, Series G	COF PRG	New York Stock Exchange
Depositary Shares, Each Representing a 1/40th Interest in a Share of Fixed Rate Non-Cumulative Perpetual Preferred Stock, Series H	COF PRH	New York Stock Exchange
Depositary Shares, Each Representing a 1/40th Interest in a Share of Fixed Rate Non-Cumulative Perpetual Preferred Stock, Series I	COF PRI	New York Stock Exchange
Depositary Shares, Each Representing a 1/40th Interest in a Share of Fixed Rate Non-Cumulative Perpetual Preferred Stock, Series J	COF PRJ	New York Stock Exchange
0.800% Senior Notes Due 2024	COF24	New York Stock Exchange
1.650% Senior Notes Due 2029	COF29	New York Stock Exchange

Indicate by check mark whether the registrant is an emerging growth company as defined in Rule 405 of the Securities Act of 1933 (§230.405 of this chapter) or Rule 12b-2 of the Securities Exchange Act of 1934 (§240.12b-2 of this chapter).

Emerging growth company	
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Delaware

If an emerging growth company, indicate by check mark if the registrant has elected not to use the extended transition period for complying with any new or revised financial accounting standards provided pursuant to Section 13(a) of the Exchange Act. \Box

Item 7.01 Regulation FD Disclosure.

Capital One Financial Corporation (the "Company") has posted the summary of its annual stress test results required by the Dodd-Frank Wall Street Reform and Consumer Protection Act of 2010 on its website (http://www.capitalone.com). Under "About" choose "Investors" to access the Investor Center and then choose "Capital One Stress Test Results" to view the current summary. The disclosure includes stress test results for the Company but does not take into account any capital actions the Company may have requested under the Federal Reserve's 2020 Comprehensive Capital Analysis and Review process ("CCAR").

The furnishing of the Dodd-Frank Act Stress Test results by the Company should not be taken as an indication of the Company's performance as a part of the Federal Reserve administered stress tests, and no positive or negative inference regarding the Company's capital plan (including any potential capital actions) should be drawn from this information. The Federal Reserve has indicated that banks should publicly disclose their Stress Capital Buffer results after markets close on June 29, 2020.

Note: Information in this report furnished pursuant to Item 7.01 shall not be deemed to be "filed" for the purposes of Section 18 of the Securities Exchange Act of 1934 or otherwise subject to the liabilities of that Section. This report will not be deemed an admission as to the materiality of any information in the report that is required to be disclosed solely by Regulation FD.

Item 9.01 Financial Statements and Exhibits.

(d) Exhibits

Exhibit No. Description

The cover page from this Current Report on Form 8-K, formatted in Inline XBRL

SIGNATURE

Pursuant to the requirements of the Securities Exchange Act of 1934, the Company has duly caused this Current Report on Form 8-K to be signed on its behalf by the undersigned hereunto duly authorized.

CAPITAL ONE FINANCIAL CORPORATION

Date: June 25, 2020 By: /s/ Matthew W. Cooper

Matthew W. Cooper

General Counsel

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