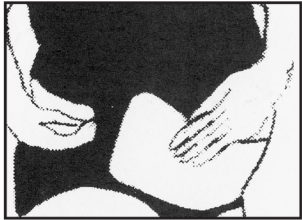
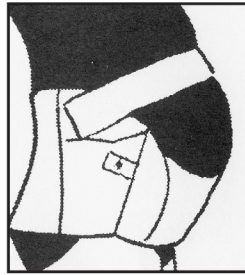


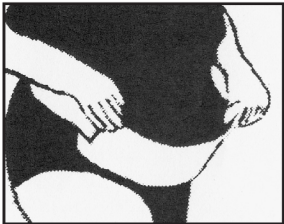
# MATERNITY - MATE™ SUPPORT



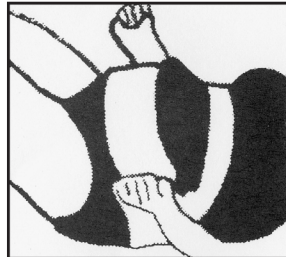
1. Place support pad under the tummy. Wrap the strap around your body and attach the hook to the support.



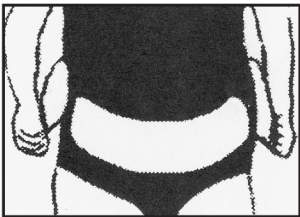
4. Softly stretch the upper strap over the top of the tummy and attach to loop on opposite side. This upper strap is optional.



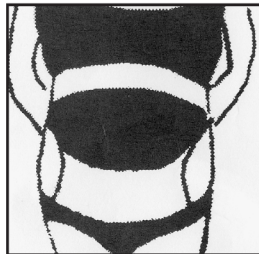
2. Place support pad as low as possible under the tummy (not to interfere with legs when walking or sitting). Then slide the pad up until it doesn't interfere with legs.



5. Laydown on your back and bend knees as shown. Release ends of belt and stretch and re-attach to the support pad. Stand up. This step may provide even greater support.



3. Grip belt at both ends and stretch forward and secure it to the support pad. Adjust belt according to the amount of tension you feel comfortable with. Attach hook only to the pad.



6. Expand the Maternity-Mate™ Support as the baby grows. Fasten further away from the center of the support pad.  
*Contact your healthcare provider with any questions you may have.*

**HAND WASH COLD WATER. MILD DETERGENT. AIR DRY**

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