

# Maternity Support Garments

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## What Are Maternity Support Garments?

Maternity support garments provide relief for back, breasts, and abdomen in the late stages of pregnancy as your belly grows. They can also improve circulation in legs and ankles to reduce swelling.

## What Are the Features of Maternity Support Garments?

- The various designs and styles (including belts, tops, and cradles) provide different options for you according to your specific needs
- Comfortable waistbands and straps allow for easy adjustment.

## Who Should Use Maternity Support Garments?

- All moms can use these garments, even those with twins, triplets, etc.



**The following websites and retailers provide supportive garments:**

- <http://www.motherhood.com>
- <http://www.supportsockshop.com>
- <http://www.fitmaternity.com>
- <http://www.bellybra.com>
- <http://www.target.com>
- <http://www.jcpenny.com>

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