

# Notion

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This notebook covers how to load documents from a Notion database dump.

In order to get this notion dump, follow these instructions:

## 🧑 Instructions for ingesting your own dataset

Export your dataset from Notion. You can do this by clicking on the three dots in the upper right hand corner and then clicking `Export`.

When exporting, make sure to select the `Markdown & CSV` format option.

This will produce a `.zip` file in your Downloads folder. Move the `.zip` file into this repository.

Run the following command to unzip the zip file (replace the `Export...` with your own file name as needed).

```
unzip Export-d3adfe0f-3131-4bf3-8987-a52017fc1bae.zip -d Notion_DB
```

Run the following command to ingest the data.

```
from langchain.document_loaders import NotionDirectoryLoader
```

```
loader = NotionDirectoryLoader("Notion_DB")
```

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```
docs = loader.load()
```