

Alternative Method with Grow from Seeds

1. Add 6 blank segments for six embryos, and a seventh for the background, and rename it to background.
2. Switch to **Paint Effect**, choose **Sphere brush**, set the **diameter to 3**, and paint each embryo with a distinct label. Make sure you only paint inside of the embryos. This is best done in the view provided. Make sure you use the 7th label to signify background.
3. Click **Grow from seeds** effect, and then initialize. This take about 10 minutes in my laptop. It should result in segmentation on the right. Once it is done, you can click apply and it will keep the segmentation.
4. **Review the segmentation in different planes**, and fix individual embryos using the paint brush when necessary.
5. Use the **SplitVolume** function to save each segment as a separate dataset.

