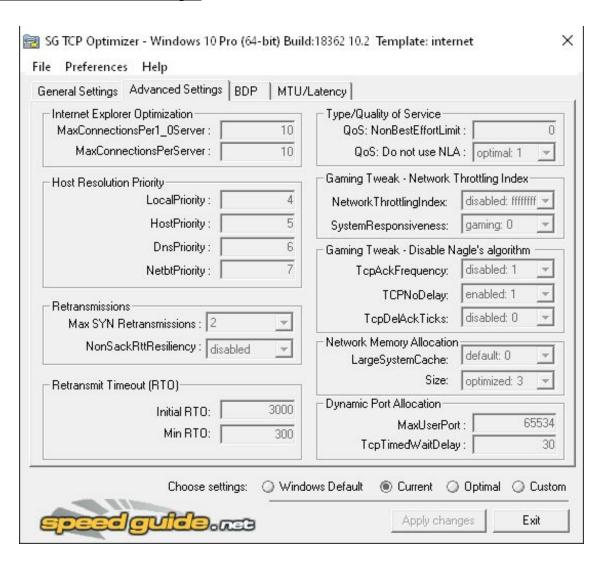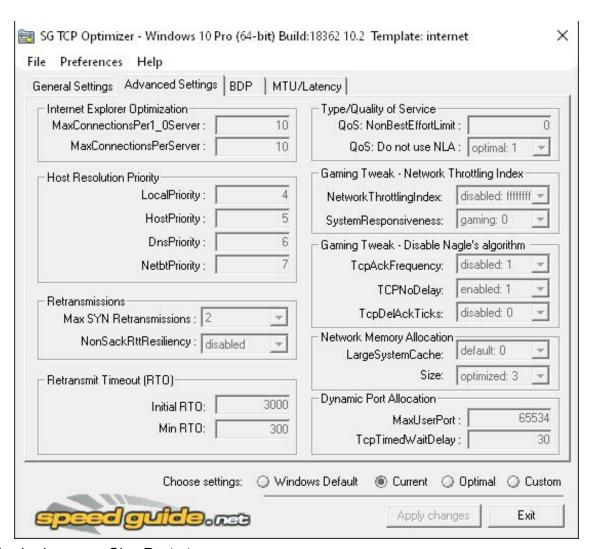Download and extract the program
Run TCPOptimizer as Admin
<u>Use these custom settings:</u>

Apply changes > Ok > Restart

(You can always set this back to Windows Default using the option at the bottom)