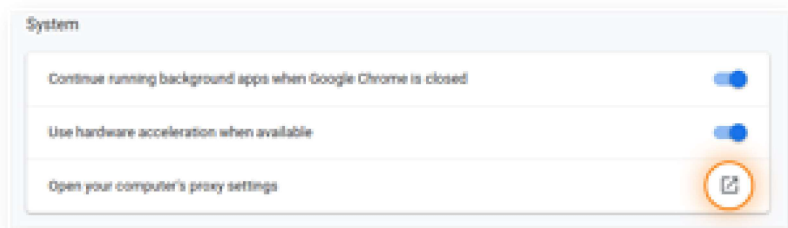# How to set up a proxy in Google Chrome

By default, Chrome uses your macOS or Windows proxy.
To change your proxy settings from within Chrome, take
the following steps:

1. Open the Chrome toolbar and select **Settings**.

2. Scroll down to the bottom of the display. Click
   on **Show advanced settings...**

3. Scroll down to "System" and choose **Open your
   computer's proxy settings.**

4. Next, go back to the instructions for your operating
   system listed above to set up your proxy server
   settings and follow them.