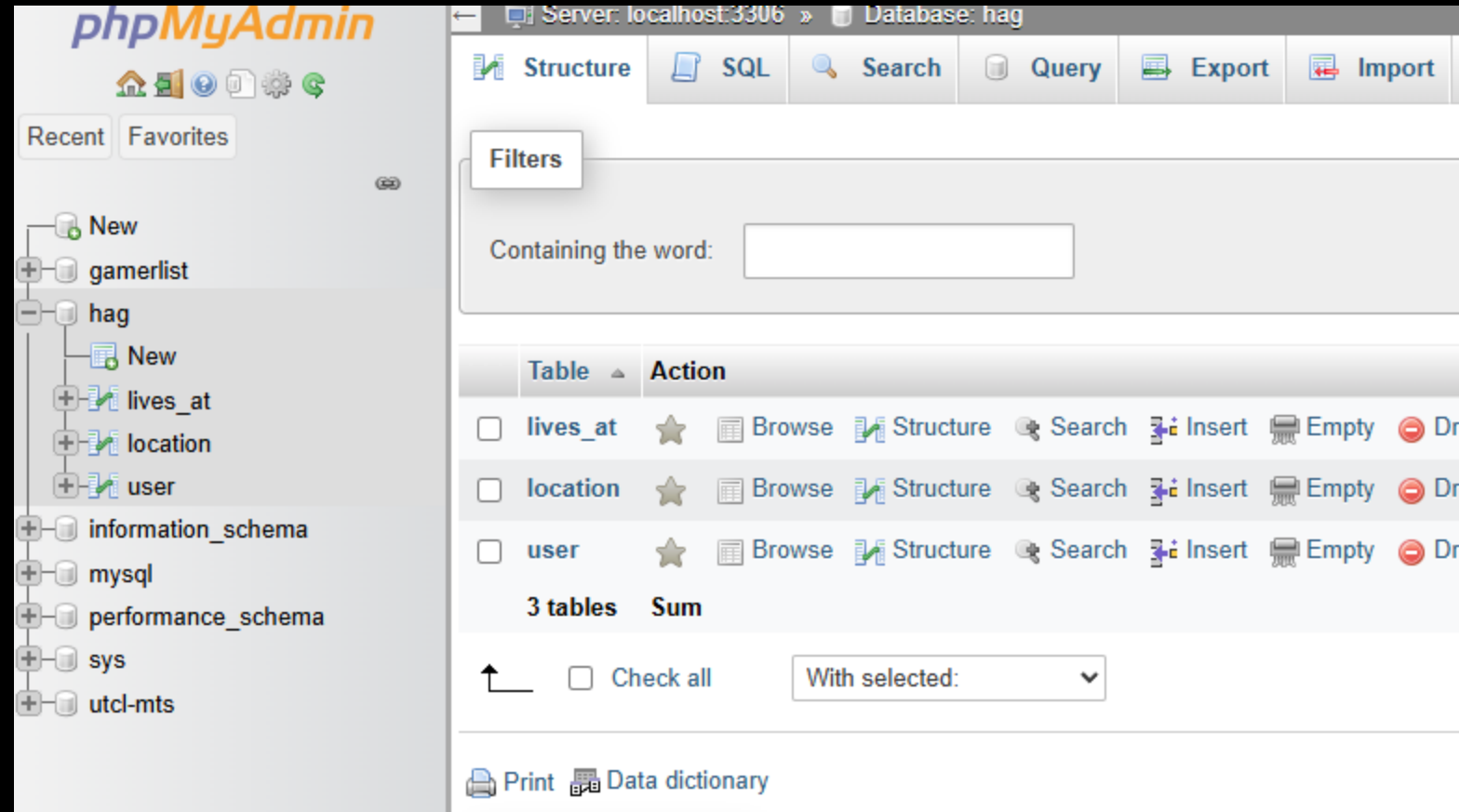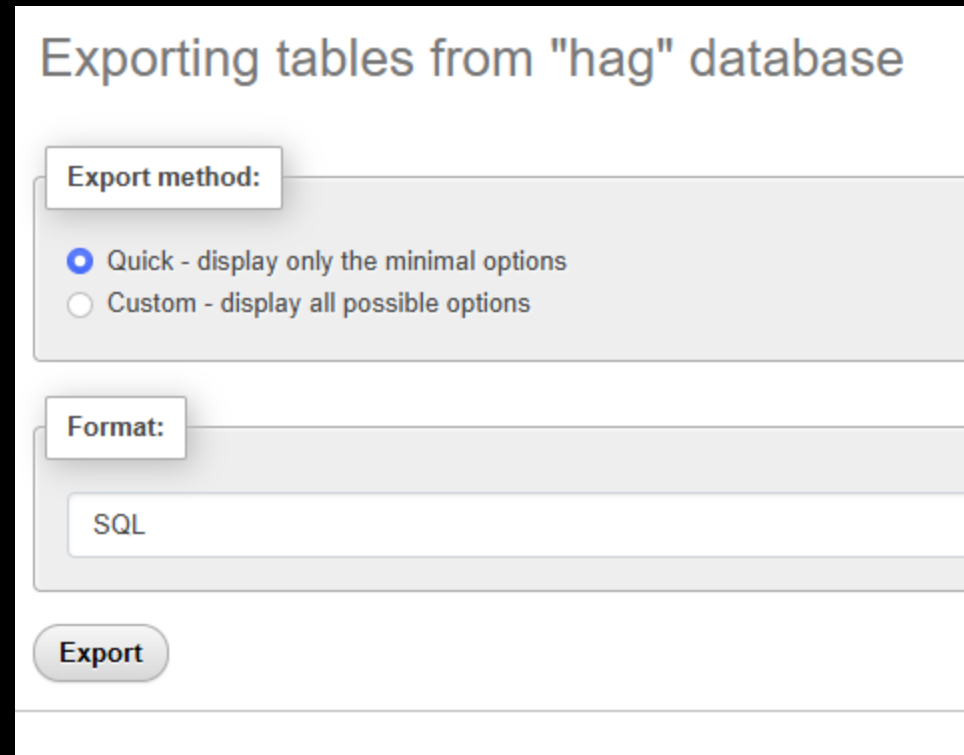# Exporting SQL

Guide 06

To export your database

- Click "export"

Choose your options

- Quick will give you everything, more or less
- Custom will allow you to select what you want.

Locate the downloaded file