**The best file format to download inbox emails depends on your specific needs and the email client or service you are using. Here are some common file formats for downloading emails:**

**PST** (Personal Storage Table): PST is a file format commonly used with Microsoft Outlook. You can export and save your inbox emails in PST format, which includes emails, attachments, and folder structures.

**EML** (Email Message Format): EML files are a standard format for storing email messages. They can be opened with various email clients, including Outlook, Thunderbird, and Windows Live Mail. EML files preserve the individual messages, including text and attachments.

**MSG** (Outlook Message Format): MSG files are a specific email message format used by Microsoft Outlook. You can save individual emails in MSG format, which retains formatting and attachments.

**MBOX**: MBOX is a common format for storing multiple email messages in a single file. It's widely used by email clients like Thunderbird. If your email client supports MBOX export, you can save your inbox emails in this format.

**PDF** (Portable Document Format): You can save individual emails or email threads as PDF files. This is useful if you want to archive emails in a format that's easy to view and share, and it retains the email's visual formatting.

**CSV** (Comma-Separated Values): You can export emails to a CSV file, which is a plain text format. This is helpful if you want to extract email data like sender, subject, date, and message body for analysis or data migration.

**HTML**: Saving emails as HTML files retains their visual formatting and can be opened in a web browser. This format is useful for archiving emails in a way that preserves their appearance.

The choice of format depends on what you plan to do with the emails after downloading them. For long-term archiving and backup purposes, formats like PST, EML, or MBOX may be more suitable. If you need a portable and easily shareable format, PDF or HTML could be better. For data extraction or migration, CSV might be the best choice. Make sure to check if your email client or service supports the format you want to use, and be mindful of any legal or privacy considerations when downloading and handling email data.