

# SysTools Gmail Backup Software

Best Tool to Backup Gmail Emails, Contacts, Calendars, Documents, Etc., and Save Locally

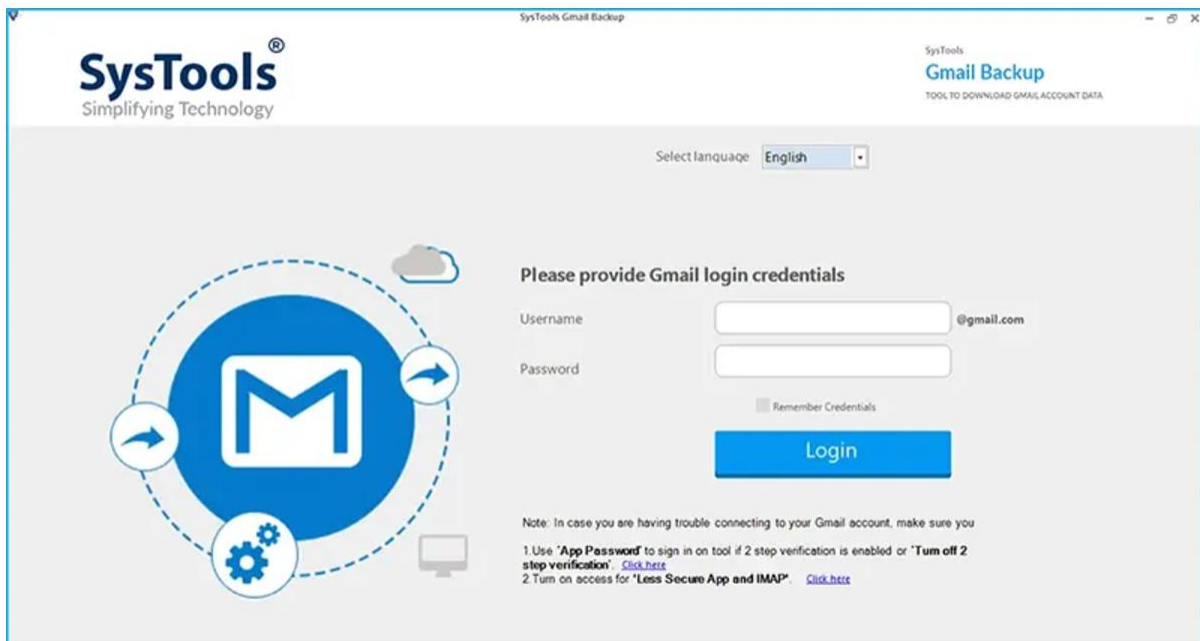
SysTools Gmail Backup Tool is a reliable solution for securely downloading and backing up Gmail emails, contacts, calendars, and documents to local storage in multiple formats. The tool supports exporting Gmail data to PST, MBOX, EML, PDF, VCF, ICS, and MSG formats while preserving metadata, folder hierarchy, and attachments. With advanced features such as selective backup, incremental backup, and support for multiple accounts, this tool ensures efficient data management and protection against accidental loss or unauthorized access.

**Note:** Visit Official Webpage of [SysTools Gmail Backup Software](#)

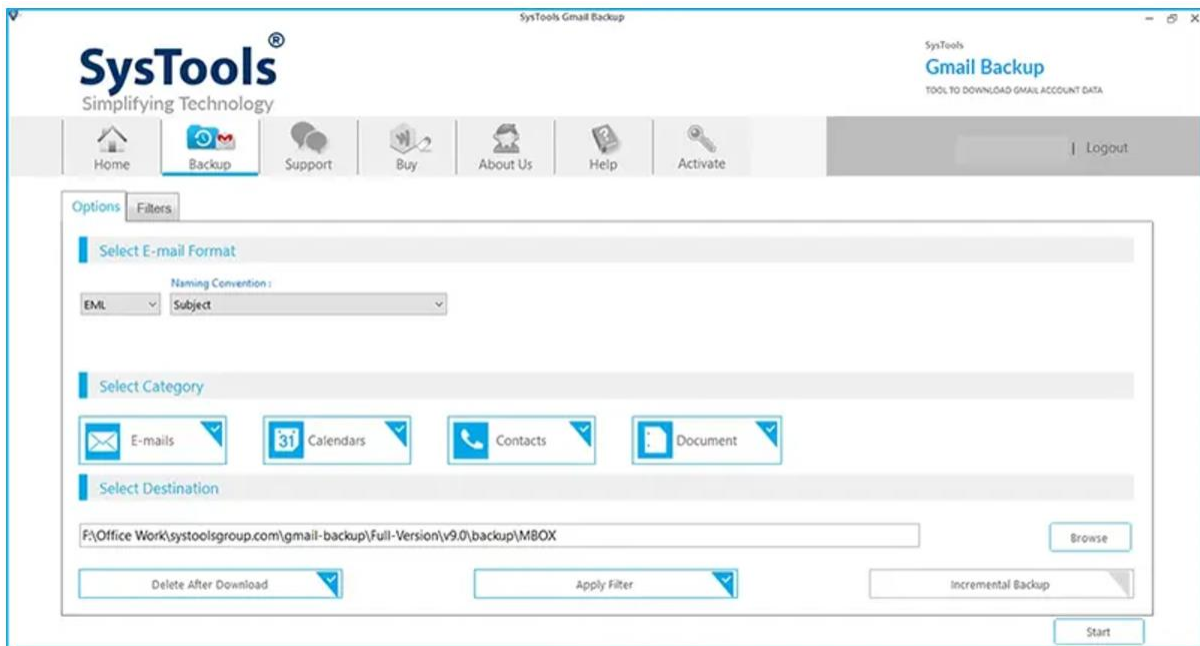
## Steps to Backup Gmail Emails and Save Locally

All the instructions are listed below, simply follow, and backup Gmail emails. Visit official webpage and download the utility and then install.

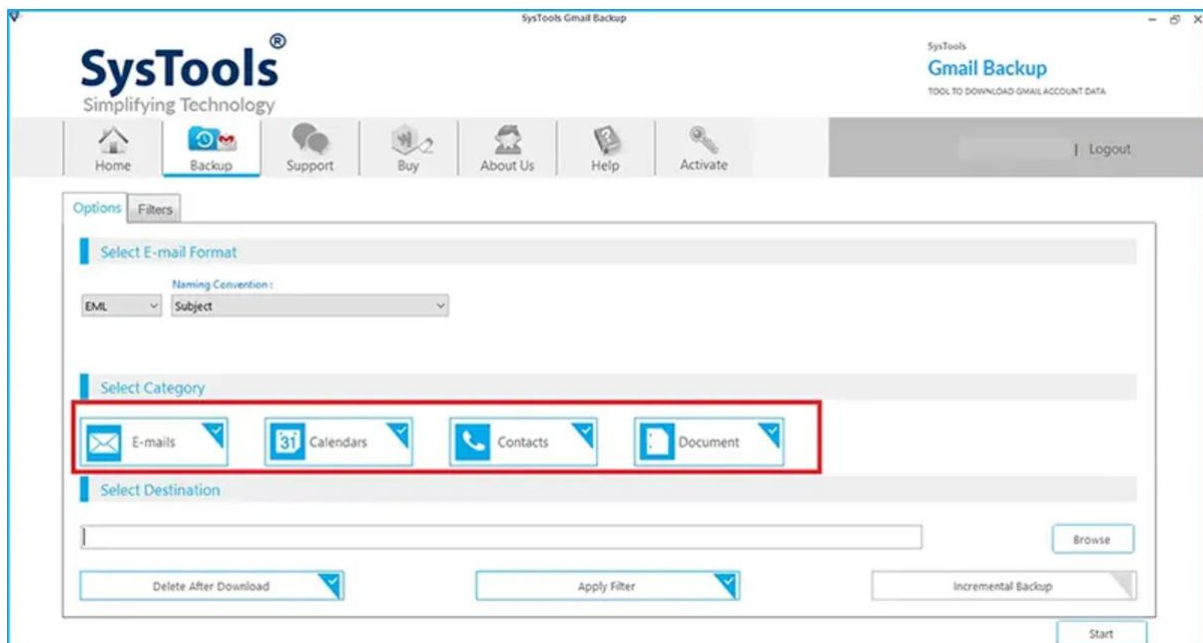
**Step-1:** Download and install Gmail backup software on your system and login your Gmail account.



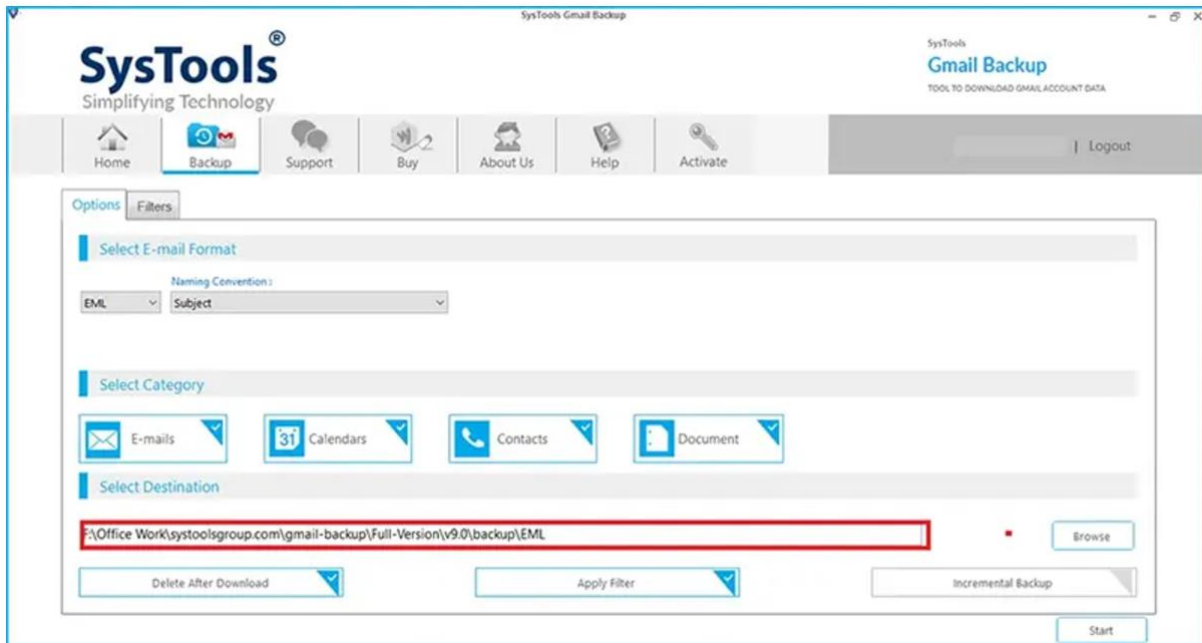
**Step-2:** After login the Gmail account, user can select one export option from to PST, MBOX, EML, PDF, VCF, ICS, and MSG format. I am proceeding with EML file format.



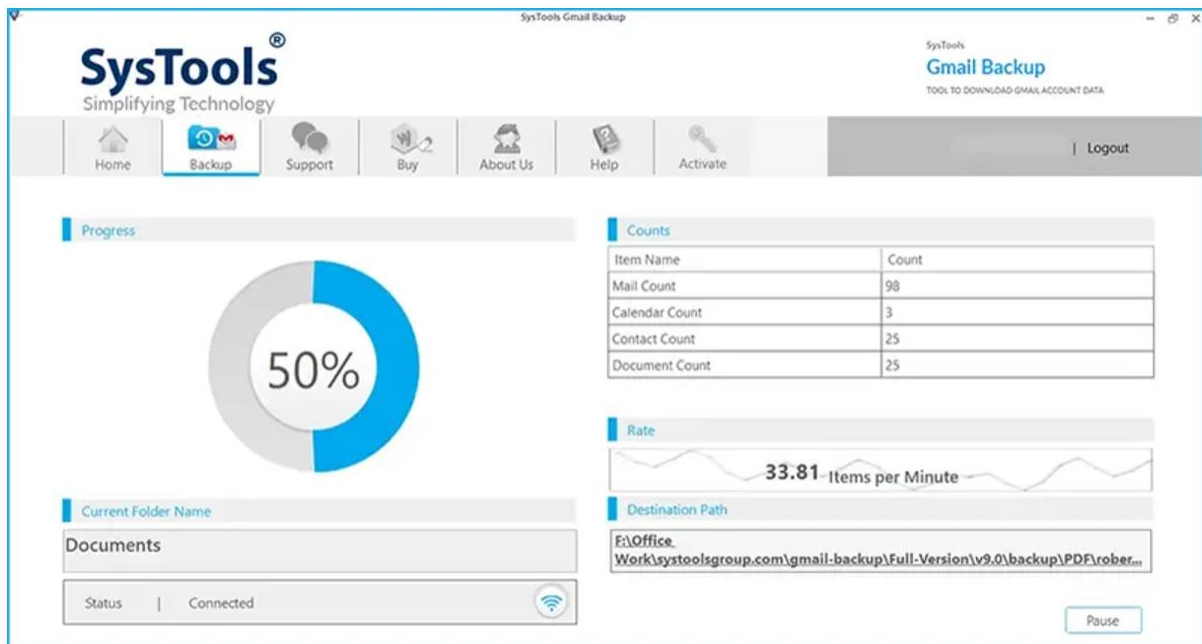
**Step-3:** Here user can select the **Categories** as per your requirement.



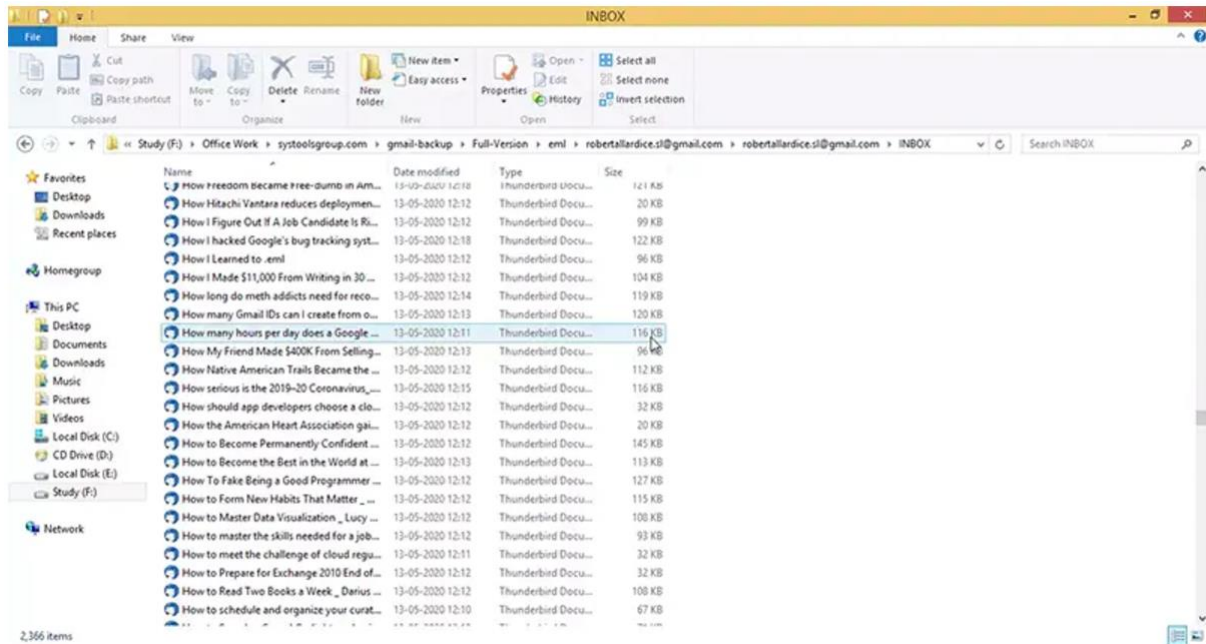
**Step-4:** Now, The selected file will be displayed in the text box corresponding to the "**Browse**" button. Also Select the options: **Delete After Download, Apply Filters, Incremental Backup** and hit **Start** button.



**Step-5:** Now the software will start the **backup process** and user can check progress report.



**Step-6:** After completing backup progress and verify output file.



## Final Points

- **Secure Authentication:** Uses OAuth for secure account access and data protection.
- **Multiple Export Formats:** Convert Gmail data into PST, MBOX, EML, PDF, VCF, ICS, and MSG formats.
- **Advanced Filters:** Apply date and folder filters for selective backups.
- **Incremental Backup:** Avoids duplicate downloads, ensuring only new data is saved.
- **Folder Hierarchy Retention:** Maintains the original Gmail folder structure for easy access.
- **Supports Large-Scale Backup:** Backup data from multiple Gmail accounts simultaneously.
- **Pause and Resume Feature:** Offers flexibility for uninterrupted backup processes.
- **For Business and Personal Use:** Ideal for professionals, enterprises, and individuals requiring Gmail data backup.
- **User-Friendly Interface:** Simplified interface for technical and non-technical users.
- **Wide Compatibility:** Runs seamlessly on all major Windows versions.

SysTools Gmail Backup Tool is an essential solution for safeguarding Gmail data, offering flexibility, security, and efficiency for personal and business users alike.

