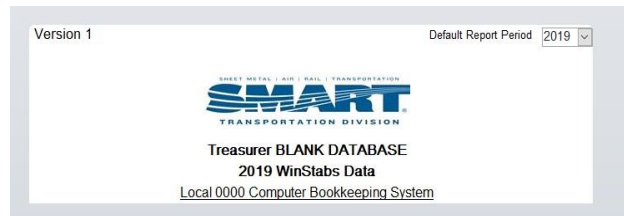


Importing data into WinStabs-NMR

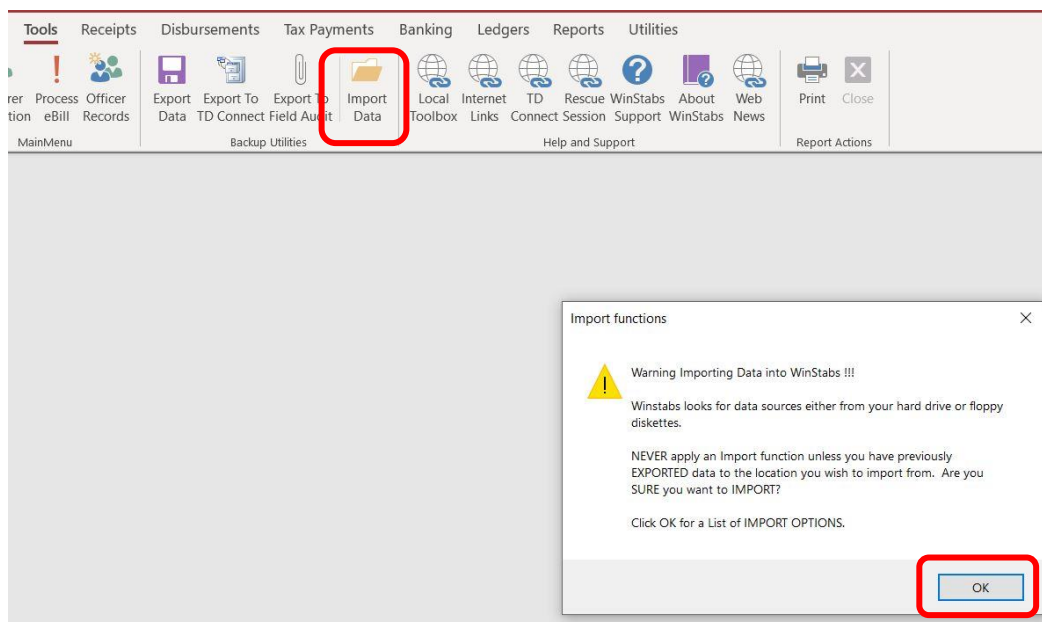
Importing data into the WinStabs program is required when you install a new version of WinStabs-NMR or if you need to operate WinStabs-NMR on a different computer.

Steps:

1. Open the version of WinStabs-NMR you wish to use. The database should be blank. If it is not a blank database, importing data will delete anything that was already in there.



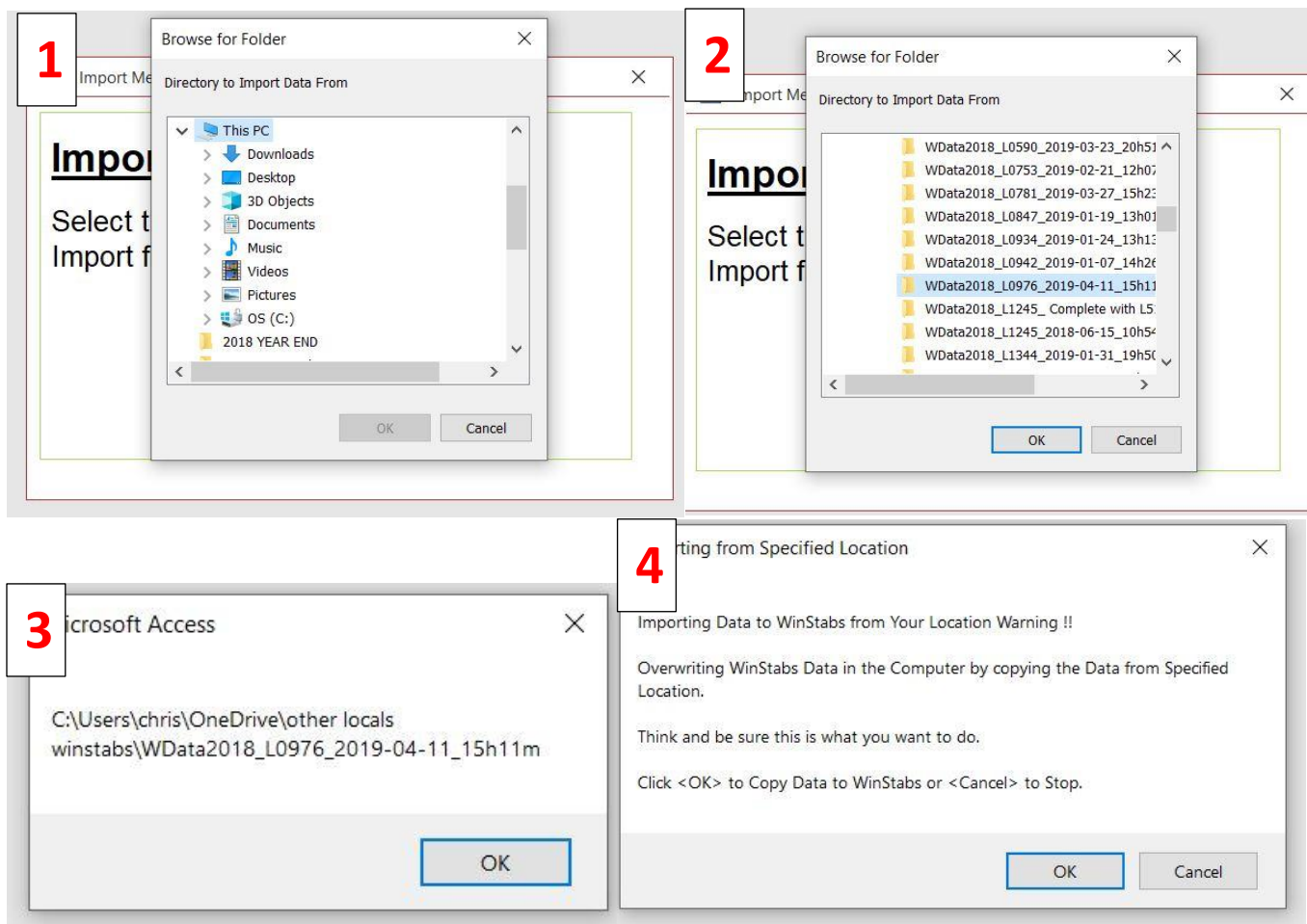
2. Click on "Import Data" a popup will appear click "ok".



3. Click on "Import From" a new popup will appear.



4. A new popup will appear after each selection. Select the file with the latest WINSTABS-NMR data then click "OK".
The sequence of popups is below.



Once the entire import process is complete WINSTABS-NMR will update to the data selected.