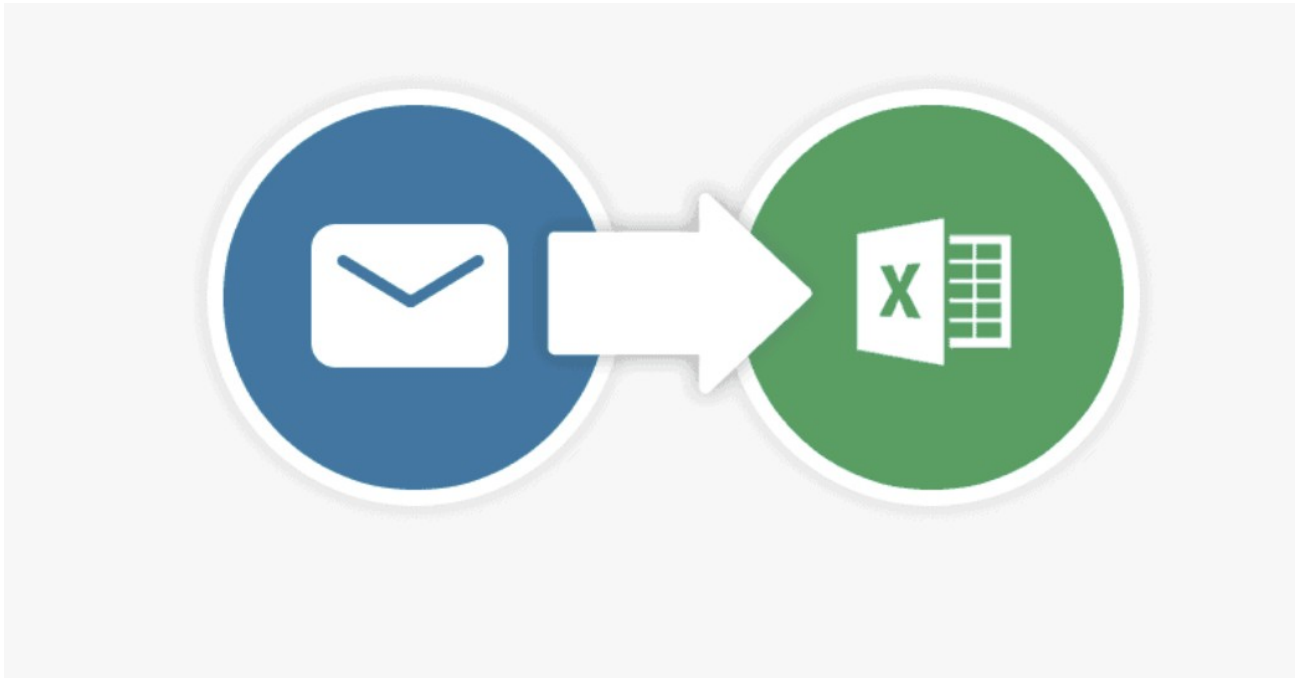# How to Extract Data from Email Attachments To Excel

Is part of your business based on data you receive by email? If you have order confirmations, purchase orders, sales stats, or other data stuck in your emails that you need converted to Excel or CSV files, you've come to the right place. Forget about the tedious copy & paste routine and check out this checklist with quick and easy steps to extract data from email to Excel.

☐ Create a parser inbox to forward your emails to (free at mailparser.io).

☐ Send one or two test emails to ensure your emails/attachments are getting to your new inbox before you automate the process.

☐ Create parsing rules to determine which information you want to extract from your emails, such as email address or names.

Mailparser allows you to parse data from the email body text, the subject line, the sender/receiver or other header text and even from file attachments.

☐ To filter out unwanted rows, add more parsing rules to parse certain data fields from the document (e.g., Telephone Number, Date of Order, Delivery Address, etc…).

☐ Download your Excel files with the data from your emails.

☐ Automate the data extraction process moving forward by setting up your email account to forward future emails and attachments to the parser.