

ABC Helpdesk

Knowledgebase > Microsoft > Office 2007 to 2016 > Outlook 2010 : Internet Message Headers

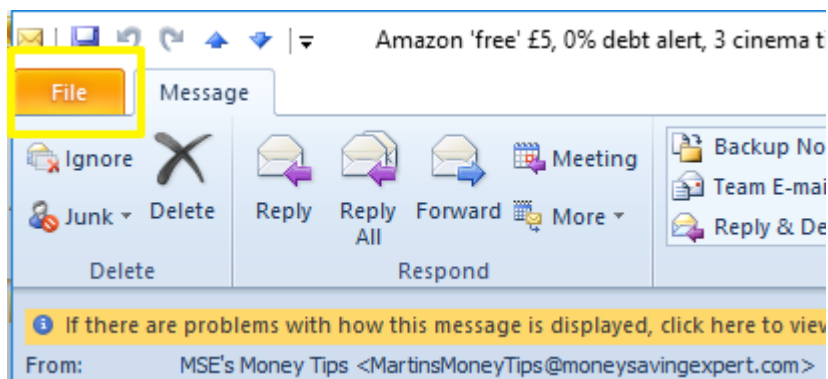
Outlook 2010 : Internet Message Headers

Chris Booth - 2017-08-25 - Office 2007 to 2016

Viewing Internet e-mail message headers in Outlook 2010

1) Open the e-mail in Outlook by double clicking it from your Inbox

2) Click the File Menu



3) Choose Properties

File Message

Save
Save As
Save Attachments
Close

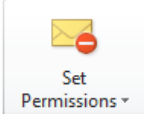
Info

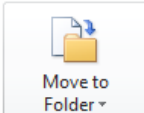
Print

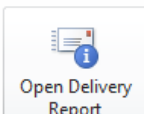
Help

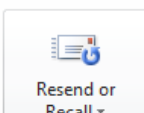
Options

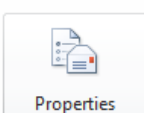
Amazon 'free' £5, 0% debt alert, 3 cinema tix £13, fl...

 **Set Permissions**
Restrict permissions to this item
Set up restrictions for this item. For example, you may be able to restrict recipients from forwarding the e-mail message to other people.

 **Move to Folder**
Move item to a different folder
■ Current Folder: Inbox

 **Open Delivery Report**
Message Delivery Report
Review delivery report for this e-mail message. Delivery report includes when the message was delivered and which rules, if any, were applied to it.

 **Resend or Recall**
Message Resend and Recall
Resend this e-mail message or attempt to recall it from recipients.

 **Properties**
Set and view advanced options and properties for this item.
■ Size: 182 KB

4) A dialogue box will open - the message headers are in the text area at the bottom of the box

Properties X

Settings

Importance: Normal

Sensitivity: Normal

Do not AutoArchive this item

Security

Encrypt message contents and attachments

Add digital signature to outgoing message

Request S/MIME receipt for this message

Tracking options

Request a delivery receipt for this message

Request a read receipt for this message

Delivery options

Have replies sent to: noreply@moneysavingexpert.com

Expires after: None 00:00

Contacts...

Categories None

Internet headers:

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Received: from HE1PR07MB1099.eurprd07.prod.outlook.com
(2603:10a6:7:52::24) by
HE1PR07MB1100.eurprd07.prod.outlook.com with HTTPS via
HE1P190CA0035.EURP190.PROD.OUTLOOK.COM; Wed, 23 Aug 2017
04:12:30 +0000
Received: from DB6PR07CA0187.eurprd07.prod.outlook.com
(2603:10a6:6:42::17) by

```

Close

5) To select all the text and copy it, click in the text area, press CTRL+A and then CTRL+V. Alternatively, press CTRL+A to select all and then right mouse click on the text and choose "Copy"

6) Paste all the text into Notepad, save as a text file and send to us as requested to assist with troubleshooting

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Untitled - Notepad
File Edit Format View Help
X-MS-Exchange-Organization-MessageDirectionality: Incoming
X-Forefront-Antispam-Report: CIP:134.213.242.247;IPV:NLI;CTRY:IE;EFV:NLI;SFV:SFE;SFS:;DIR:INB
X-Microsoft-Exchange-Diagnostics: 1;DB5EUR01FT021;1:yUXuV5RZ+G0GroA0Z7CZgJBJKQsnGtuK7bPwRfUKQ
X-MS-Exchange-Organization-AuthSource: DB5EUR01FT021.eop-EUR01.prod.protection.outlook.com
X-MS-Exchange-Organization-AuthAs: Anonymous
X-MS-PublicTrafficType: Email
X-MS-Office365-Filtering-Correlation-Id: 2ff82c88-5e91-4535-3aac-08d4e9dd2aa1
X-DkimResult-Test: Passed
X-Microsoft-Antispam: UriScan;;BCL:6;PCL:0;RULEID:(300000500095)(300135000095)(300000501095)(
X-Microsoft-Exchange-Diagnostics: 1;HE1PR07MB1099;3:+WncXmWJ5+vGGz4erek4dEXqMIveYTxDJ98t2qTgI
X-MS-TrafficTypeDiagnostic: HE1PR07MB1099:
X-Microsoft-Exchange-Diagnostics: 1;HE1PR07MB1099;31:eXg5FEtcKJ1KBsdH1/wCt4HFgUUP5G68smNtNNFj
X-Exchange-Antispam-Report-Test: UriScan:(146908506813832)(209352067349851)(36584515487491)(1
X-Exchange-Antispam-Report-CFA-Test: BCL:6;PCL:0;RULEID:(100000700101)(100105000095)(10000070
X-Microsoft-Exchange-Diagnostics: 1;HE1PR07MB1099;4:18Q1pOpQpRUTm2TfSVhcgSTL9jumx/dFo0u26MJmE
X-MS-Exchange-Organization-SCL: -1
X-Microsoft-Exchange-Diagnostics: 1;HE1PR07MB1099;6:F0Jg7fDdz1vBFtBQL1fy8zNs1V0JDKHgPT840cE41
SpamDiagnosticOutput: 1:3
X-MS-Exchange-CrossTenant-OriginalArrivalTime: 23 Aug 2017 04:12:27.5367
(UTC)

```