

# Convert Video File Types for Captivate

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## Supported File Types

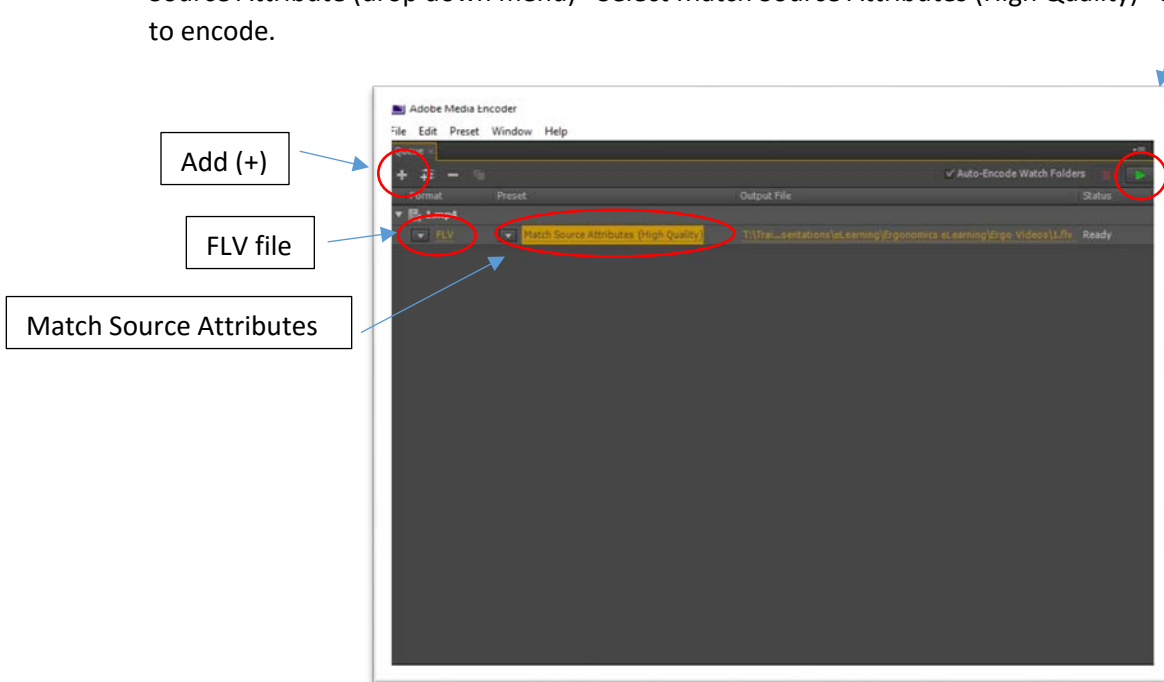
Adobe Captivate supports the following video file formats:

- FLV
- F4V
- MP4
- MOV
- 3PG

## Adobe Media Encoder

From the Windows start menu open the Adobe Media Encoder

Select add (+) >Enter File Name in the pop up box (or navigate to desired file location or drag and drop desired file) >Select the FLV (drop down menu) > Select FLV or other supported file type > Select Match Source Attribute (drop down menu) >Select Match Source Attributes (High Quality) >Select Play Button to encode.



Once the Video has finished encoding the new file type will be saved in the file location next to the original.