

## Import SQL files into MySQL databases

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If you backed up or exported a database to a SQL file, you can import it into one of your hosting account's MySQL databases through phpMyAdmin. **To Import SQL Files into MySQL Databases Using**

**phpMyAdmin** Access your database via PHPMyAdmin On the left, click the database you want to use. Select the **Import** tab. Click **Browse**, locate the SQL file on your computer, click **Open**, and then click **Go**. This runs the SQL file and updates the database as specified in your SQL file. It might take several minutes to restore the database.

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