

## Movie Formats

The utility supports two movie formats: normal movie with dependencies (Save Normally) and self-contained movie. You can use the Preferences dialog box or the Destination dialog box to select the movie format you want.

### Save Normally

Creates a separate file with the movie information. The original AVI movie data remains intact in the original AVI file.

### Self-Contained Movie

Creates one movie file that combines the movie and data information. The original AVI movie data remains intact.