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Answer

> ⚠️ **Not recommended**
> This operation is not recommended, and we cannot guarantee the integrity of converted mailboxes. You are encouraged to use Pine if you still need to read legacy NMH or mbox e-mail.

The `packf` command will pack NMH mailboxes into mbox format.

```
$ packf +foldername -mbox -file export.mbox
```

You may omit `+foldername` to use the current (as indicated by the `folder` command) mailbox.