How to forward email as an attachment in MacOS Mail
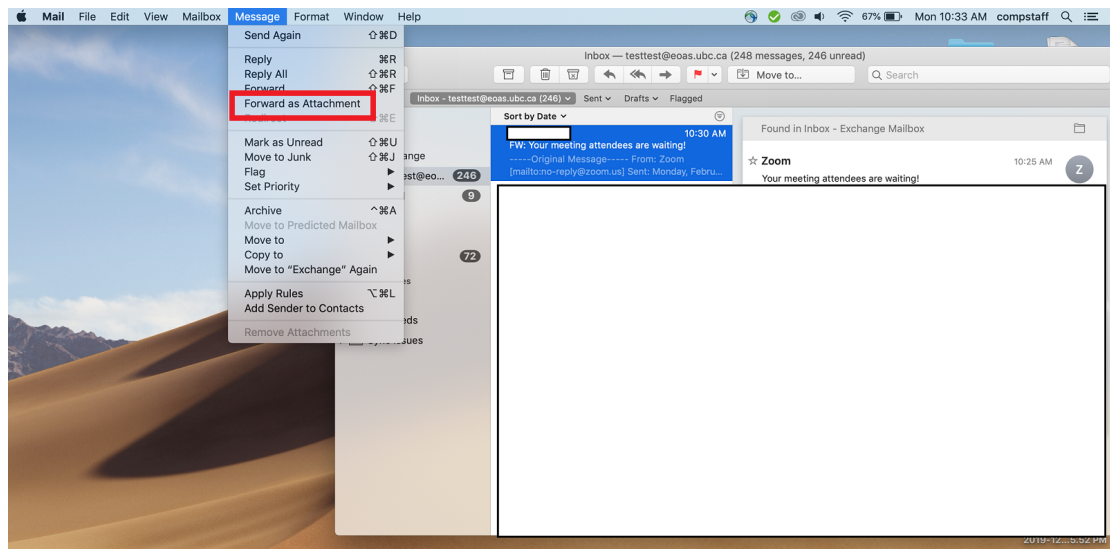
Burner EOAS - 2025-03-17 - Email, calendar, and contacts

The default behaviour for MacOs Mail when forwarding email is to quote the email's content and include it in the body of a new email. For spam filtering systems, this type of inline-forwarding lacks important data including the email's header lines.

To forward an individual message in its full and original state, which includes the email's content and all the header lines:

- Open the message and select *Forward as Attachment* from the menu, or right-click the email from the list and select *Forward as Attachment*
- Enter the email address to where the message should go.
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- attachment
- MacOS
- MacOS Mail
- phishing
- spam

Attachments

- mac mail.png (1.23 MB)