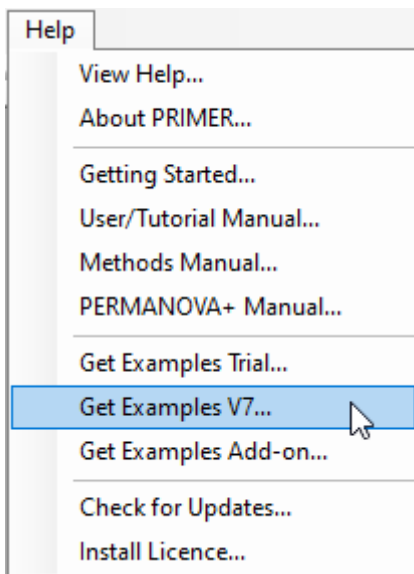


# Download example data

You must be connected to the internet to download the example datasets.

The **Help** menu item in PRIMER has options to retrieve folders that contain a large number of example datasets. These include:

- **Examples Trial...**: available when the software is in free-trial mode;
- **Examples V7...**: to accompany the base PRIMER package; and
- **Examples add-on...**: to accompany the PERMANOVA+ add-on package.



You can download and save these to a folder of your choice when prompted. These datasets provide a wealth of examples from the literature, and they are referred to extensively throughout the manuals.

We highly recommend working slowly through the manuals and replicating the examples given there with the example datasets provided as an excellent way to familiarize yourself with the program and its many routines. Example datasets are also used extensively in our international workshops. For details of upcoming workshops across the globe, consult our website:

<https://www.primer-e.com>.

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Revision #6

Created 7 February 2024 01:52:51 by Marti

Updated 26 March 2024 00:31:17 by Marti