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## How Recovery Works

<https://campus.barracuda.com/doc/78808417/>

Each method of protecting data with Barracuda Backup provides its own set of recovery options. The following sections breakdown the recovery options available for each backup method and type of data source.

### In this Section

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- [Barracuda Backup Agent for Windows, macOS, and Linux Recovery](#)
- [VMware vSphere and Microsoft Hyper-V Recovery](#)
- [Network File-System Recovery](#)
- [Exchange Message-Level Recovery](#)

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