

## 19. Database administration

All *OptiFeed* program data are stored in a database file called OptiFeedDataBase.sdf located in the folder:

C:\Users\[account name]\AppData\Local\OptiFeed\data\

or - on Windows XP:

C:\Documents and Settings\[account name]\AppData\Local\OptiFeed\data\

**Attention: Modifying or deleting a file from database is tantamount to permanent loss of all its data.**

The program offers a series of administrative functions available in the << FILE >> menu of main program window – here is their complete list:



Backup database - creates .sdf file with a backup of entire database

**Attention: Creation of regular backups of the database is in your interest.**



Restore database from backup - restores database using .sdf file from previously created database backup; requires a restart of the program



Restore database to factory state - clears all data contained in the database, leaving only examples of ingredients, nutrients, and nutritional recommendations supplied along with the program; requires a restart of the program

**Attention: the database of nutrients, ingredients, and nutritional recommendations contained in the program is purely illustrative. While the authors undertook every effort to ensure it is correct, however, they do not take any responsibility for the consequences of its use.**