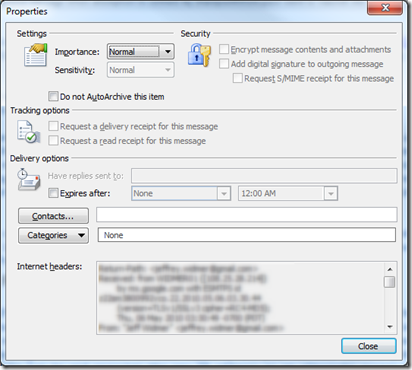
**How to View/Retrieve E-mail Internet Headers - Outlook 2003**

Right-click on the message in the folder view, then choose **Options**.



This will bring up the Properties dialog with the Internet headers located at the bottom:

[](http://weblogs.asp.net/blogs/jeffwids/image_28)

**How to View/Retrieve E-mail Internet Headers - Outlook 2007**

Open the e-mail message in its own window (by double-clicking on the message).

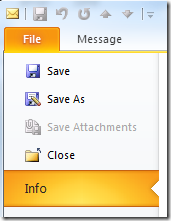
Go to **Options** > **Info** for the message:

**Message** **Options** > **Internet headers**:

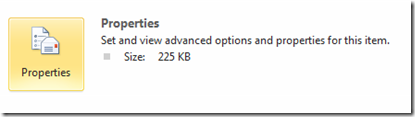
**How to View/Retrieve E-mail Internet Headers - Outlook 2010**

Open the e-mail message in its own window (by double-clicking on the message).

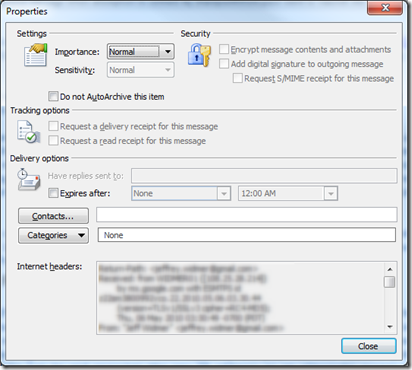
Go to **File** > **Info** for the message:

[](http://weblogs.asp.net/blogs/jeffwids/image_6C)

In the right-hand pane, click on the Properties button.

[](http://weblogs.asp.net/blogs/jeffwids/image_5F)

This will bring up the Properties dialog with the Internet headers located at the bottom:

[](http://weblogs.asp.net/blogs/jeffwids/image_28)