

# File Formats

We supports a wide range of video formats. For best results, we recommend exporting your video in one of three codec formats.

## Pro-Res 422

- **Supported Containers:** MOV
- **Profile:** HQ
- **Recommended Bitrate for HD Resolution:** 220 Mbps
- **Recommended Bitrate for SD Resolution:** 110 Mbps
- **Key Frame Interval:** Not applicable. Pro-Res files are I-Frame only.
- **Audio Format:** PCM
- **Recommended Audio Bitrate:** Lossless, Sample Rate: 48 kHz

## MPEG-2

- **Supported Containers:** MPG, MPEG, M2P, M2T, M2TS, TS
- **Profile:** Main
- **Recommended Bitrate for HD Resolution:** 80 Mbps
- **Recommended Bitrate for SD Resolution:** 50 Mbps
- **Key Frame Interval:** 1-second or less. I-Frame only preferred.
- **Audio Format:** PCM or MPEG Layer II
- **Recommended Bitrate for PCM Audio:**
  - 5.1 – Lossless, Sample Rate: 48 kHz
  - Stereo - Lossless, Sample Rate: 48 kHz
- **Recommended Bitrate for MPEG Layer II Audio:**
  - 5.1 – Data Rate: 768 Kbps, Sample Rate: 48 kHz
  - Stereo – Bitrate: 384 Kbps, Sample Rate: 48 kHz

## AVC/H.264

- **Supported Containers:** MP4, M2T, TS  
**Note** H.264 video in MOV wrappers aren't supported.
- **Profile:** High
- **Recommended Bitrate for HD Resolution:** 30 Mbps
- **Recommended Bitrate for SD Resolution:** 15 Mbps
- **Key Frame Interval:** 2 seconds (or less)
- **Audio Format:** AC-3 or AAC
- **Recommended Bitrate for AC-3 Audio:**
  - 5.1 – Bitrate: 448 Kbps, Sample Rate: 48 kHz
  - Stereo – Bitrate: 192 Kbps, Sample Rate: 48 kHz
- **Recommended Bitrate for AAC Audio:**
  - 5.1 – Bitrate: 768 Kbps, Sample Rate: 48 kHz
  - Stereo – Bitrate: 320 Kbps, Sample Rate: 48 kHz