

TECHNICAL WHITEPAPER

How Temporary Email Works

Privacy, Security, and Abuse Prevention
in a Modern Disposable Inbox Platform

A practical technical and operational overview of temporary email systems, mailbox lifecycle, privacy principles, abuse controls, and responsible usage.

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SECTION 01

Executive Summary

Temporary email (also known as disposable email, throwaway email, or temp mail) is a service that provides users with short-lived email addresses for receiving messages without exposing their primary personal inbox. As the internet has evolved, users face growing challenges around inbox spam, unwanted marketing, data harvesting, and forced registrations that demand an email address for even the most basic interactions.

Best Temp Mail is a modern temporary email platform designed to offer fast, private, and convenient disposable inboxes. Users can generate a temporary address instantly, receive emails, and let the mailbox expire automatically, all without creating an account or providing any personal information.

This whitepaper provides a comprehensive technical and operational overview of how our platform works, covering system architecture, the mailbox lifecycle, privacy principles, security controls, abuse prevention mechanisms, performance considerations, and practical limitations. It is written for users, developers, researchers, and partners who want to understand the design decisions and operational philosophy behind a responsible temporary email service.

Key principles that guide our platform:

- **Privacy by default:** minimal data collection, temporary retention
- **Usability first:** instant inbox generation, no registration, clean interface
- **Responsible operations:** active abuse prevention and rate limiting
- **Transparency:** honest communication about capabilities and limitations
- **Performance:** fast, reliable service with graceful handling under load

SECTION 02

Introduction

A temporary email address is a self-destructing inbox that exists for a limited time, designed to receive messages during a brief interaction before being permanently deleted. Unlike a traditional personal email account (which persists for years, accumulates data, and becomes deeply linked to a user's digital identity), a temporary address is intentionally ephemeral.

The concept emerged as a practical response to a modern internet problem: too many services require an email address just to access basic content, complete a one-time signup, or download a resource. Each time a user provides their real email, they expose themselves to newsletters they did not subscribe to, retargeting campaigns, data broker harvesting, and potential phishing attempts tied to their identity.

Temporary email is not a replacement for a permanent inbox. It is a utility layer, a privacy-enhancing tool for specific, low-trust interactions where the user does not need or want a lasting relationship with the requesting service. Understanding this distinction is fundamental to appreciating both the value and the limitations of disposable email platforms.

This document is structured to walk the reader through every relevant aspect of a temporary email system: from the problem it solves and the use cases it supports, through the technical architecture and lifecycle mechanics, to the security, privacy, and ethical considerations that shape responsible operations.

SECTION 03

Why Temporary Email Exists

Spam and Marketing Overload

Countless websites require an email address to access features, gated content, or one-time downloads. Once provided, that address often becomes a target for newsletters, promotional emails, remarketing campaigns, and in some cases, outright spam. Users who frequently interact with new online services may find their inbox overwhelmed within weeks.

Privacy Exposure

A personal email address is often the single most consistent identifier a user has online. When shared across many services, it becomes a cross-platform tracking key that data brokers, advertisers, and analytics services can use to build detailed profiles. Temporary email reduces this exposure by ensuring that each interaction uses a different, non-persistent address.

Forced Registration Friction

Many platforms require account creation (and therefore an email address) to access even minimal functionality. Users seeking a quick interaction (reading a single article, checking a product listing, trying a demo) are forced into a registration process that creates long-term obligations they never intended to accept.

Developer and QA Testing

Software developers and quality assurance teams frequently need disposable inboxes to test signup flows, email confirmation systems, onboarding sequences, and notification pipelines. Temporary email provides a fast, cost-free way to generate test addresses without polluting personal or corporate inboxes.

Trial Access and Gated Content

Users exploring a new SaaS tool, trying a limited-time offer, or accessing a whitepaper behind a form may prefer to use a temporary address to avoid long-term inbox clutter when they are unsure of the service's value.

SECTION 04

Common Use Cases

4.1 Personal Privacy Protection

Users can sign up for newsletters, low-trust services, or promotional offers without exposing their primary inbox. This is especially useful when interacting with unfamiliar brands or websites where data practices are unclear.

4.2 Spam Prevention

By providing a disposable address for one-time interactions, users prevent junk mail from reaching their permanent email accounts. The temporary address absorbs the spam, then disappears.

4.3 Developer and QA Testing

Developers and testers use temporary inboxes to validate registration flows, test confirmation email delivery, check email rendering across clients, verify notification timing, and stress-test email processing pipelines, all without needing corporate IT provisioning.

4.4 Trial Access and Gated Content

Users exploring new tools, SaaS platforms, or gated content can use a temporary address for initial evaluation without committing their real email to a service they may never use again.

4.5 One-Time Verifications

For low-stakes verifications where long-term account recovery is not needed, a temporary address provides a convenient way to complete a signup or access flow.

■ **Important Limitations:** *Temporary email is not suitable for banking, healthcare portals, government services, legal correspondence, or any account where long-term access or password recovery is required. Users should never rely on disposable addresses for sensitive or critical services.*

SECTION 05

What Temporary Email Is (and Is Not)

What It Is

- A short-lived inbox that automatically expires
- A disposable identity layer for low-trust interactions
- A utility tool for privacy, testing, and spam reduction
- A convenience mechanism that requires no personal information

What It Is Not

- A secure, permanent mailbox for ongoing communication
- A guaranteed anonymous communication platform
- A replacement for a primary email account
- A reliable recovery address for critical accounts
- A tool intended for fraud, abuse, or policy evasion

This distinction is critical. Temporary email serves a clear, legitimate purpose in the modern internet ecosystem, but it operates within well-defined boundaries. Users who treat it as a permanent or secure communication channel will encounter limitations that are inherent to its design.

SECTION 06

Platform Overview

Best Temp Mail is a web-based temporary email service accessible at **best-tempmail.com**. The platform is designed around three core goals: speed, simplicity, and privacy. Users can generate a disposable inbox in under one second, view received emails in a clean interface, and let the address expire without any manual cleanup.

How It Works

A user visits the website and is immediately presented with a freshly generated temporary email address. They can copy this address, use it wherever needed, and return to check their inbox. Incoming messages appear in real time. When the mailbox reaches its expiration window, or when the user manually refreshes, the address and all associated data are permanently removed.

Feature Snapshot

Feature	Description
Instant Mailbox Generation	Create a disposable inbox in under one second, no registration required.
Multiple Domain Support	Addresses generated across multiple rotating domains for improved deliverability.
Auto-Expiring Lifecycle	Mailboxes expire automatically based on system-defined retention windows.
Fast Inbox Refresh	Real-time or near-real-time inbox updates to check for incoming messages.
10-Minute Mail Mode	Dedicated quick-expiry mode for ultra-short interactions.
40+ Language Support	Full interface localization covering Arabic, Chinese, French, German, and many more.
Privacy & Developer Tools	45 built-in tools for email validation, breach checking, DNS lookup, DMARC analysis, password generation, and more.
Mobile-Responsive Design	Clean, fast interface optimized for desktop and mobile browsers.

No Registration Required

Zero personal information needed. No accounts, no passwords, no tracking.

SECTION 07

System Architecture Overview

The Best Temp Mail platform is built on a modern, production-grade stack designed for speed, reliability, and operational efficiency. While this section provides a high-level architectural overview, specific implementation details are omitted to protect operational security.

7.1 High-Level Architecture

The system consists of four primary layers: a frontend web application, a backend API service, a mail transfer and processing layer, and a data lifecycle management layer. Each component is designed with clear separation of concerns and operates independently to ensure resilience.

7.2 Frontend Layer

The frontend is built with Next.js (React) and deployed as a server-rendered application. It provides a responsive, SEO-optimized interface with support for 40+ languages through internationalization (i18n). The UI includes the core email inbox view, a 10-minute mail mode, use-case pages, blog content, developer tools, and informational guides. Static assets are served through Nginx for performance.

7.3 Backend API Layer

The backend runs on Node.js and exposes a RESTful API for mailbox generation, inbox retrieval, domain listing, and message access. A dedicated policy service handles rate limiting, abuse detection, and request validation. Both services are managed through PM2 for process management, automatic restarts, and logging.

7.4 Mail Handling

Inbound email is received via Postfix, a well-established mail transfer agent (MTA). Messages arriving at temporary addresses are processed, parsed, and stored for retrieval through the API. The system supports multiple custom domains to improve deliverability and reduce the impact of domain-level blocking by third parties.

7.5 Infrastructure

The platform runs on a dedicated virtual private server (VPS) hosted in a European data center. The operating system is hardened Ubuntu 24.04 LTS with automatic security updates, fail2ban for SSH protection, firewall rules, and strict network configuration. Nginx serves as the reverse proxy and TLS termination point, with Let's Encrypt certificates for HTTPS encryption.

7.6 Cleanup and Lifecycle Services

Automated cleanup processes run on scheduled intervals to remove expired mailboxes, purge stale message data, and enforce retention policies. This ensures that the platform maintains minimal data footprint and prevents storage buildup over time.

SECTION 08

Temporary Mailbox Lifecycle

The mailbox lifecycle is the core operational model of any temporary email platform. It defines how addresses are created, used, and destroyed. Understanding this lifecycle is essential for users who want to know what happens to their data and when.

8.1 Creation

When a user visits the platform, a new temporary email address is generated on demand. The system assigns a random local part (using a pronounceable consonant-vowel pattern followed by a numeric suffix) combined with one of the available domains. The user receives immediate access to this inbox with no authentication or registration required.

8.2 Active Usage

During the active phase, the inbox is available for receiving messages. Users can refresh the inbox to check for new mail, read message contents, and copy the address for use on external services. The platform supports domain rotation, allowing users to generate new addresses with different domains if needed.

8.3 Expiration

After the retention window expires (whether triggered by time, inactivity, or a manual refresh), the mailbox becomes invalid. No new messages are accepted at the expired address, and existing messages are no longer accessible to the user.

8.4 Cleanup and Deletion

Following expiration, automated cleanup processes permanently remove the mailbox metadata, message contents, and any associated storage. This step is irreversible and ensures that no user data persists beyond the intended lifecycle.

SECTION 09

Privacy Principles & User Data Model

9.1 Privacy Goals

The platform is designed around a data minimization philosophy. The goal is to collect only what is operationally necessary to deliver the service, avoid long-term persistence of user data, and provide short-lived access patterns that reduce privacy exposure.

9.2 Data Minimization

- No user accounts are created. There is nothing to persist or protect.
- No personal information is collected: no names, passwords, phone numbers, or IDs.
- Message data exists only within the mailbox retention window.
- Expired data is permanently deleted by automated cleanup processes.
- The platform does not sell, share, or broker user data.

9.3 Public Nature Disclosure

Important: Temporary inboxes are not private personal inboxes in the same way as a secured, password-protected email account. Anyone who knows (or guesses) a temporary address could potentially access its inbox during the active period. Users should treat temp mail as a utility layer, not as a sensitive communications vault. Confidential or personal information should never be received through a temporary address.

9.4 User Guidance

Users should never use temporary email for:

- Financial accounts (banking, investment, payment services)
- Healthcare portals or medical communication
- Government or legal correspondence
- Password recovery for important accounts
- Any service requiring long-term access or identity verification

SECTION 10

Data Retention, Expiry & Deletion

Data retention is intentionally short by design. Temporary email systems are built around the principle that data should not outlive its usefulness. The following policies govern how data is handled on the Best Temp Mail platform.

- Mailbox addresses are valid only during their active retention window.
- Messages remain accessible only while the mailbox is active.
- Expiration is triggered by time-based rules or manual address regeneration.
- Manual deletion is supported. Users can regenerate addresses at any time.
- Automated cleanup permanently removes all expired data on scheduled intervals.

■ *Retention periods may vary based on system design, abuse prevention policies, infrastructure requirements, and future product updates. Best Temp Mail reserves the right to adjust retention parameters to maintain service health and compliance.*

SECTION 11

Security Overview

Security is addressed at every layer of the platform. While specific thresholds and configurations are not disclosed (to prevent circumvention), the following principles govern the platform's security posture.

11.1 Application Security

- Input validation on all API endpoints to prevent injection attacks
- Safe rendering of email content with sanitization of HTML/JavaScript
- Defensive endpoint design to handle malformed or malicious requests
- Server-side request validation and parameter checking

11.2 Rate Limiting

A dedicated policy service enforces rate limits across all public-facing endpoints. This includes throttling on mailbox generation, inbox polling, address regeneration, and domain listing. Rate limits are calibrated to allow normal usage while preventing automated abuse.

11.3 Infrastructure Security

- Ubuntu 24.04 LTS with automatic security updates (unattended-upgrades)
- Fail2ban for SSH brute-force protection
- Nginx as reverse proxy with TLS termination (Let's Encrypt)
- Strict firewall rules limiting exposed ports
- Environment-separated configuration and secrets management
- PM2 process management with automatic restart and monitoring

11.4 Email Content Safety

Inbound email may contain tracking pixels, suspicious links, or misleading content. The platform renders message content in a controlled environment but cannot guarantee the safety of external links within received emails. Users should exercise caution when clicking links in any email received through a temporary address.

11.5 User Security Notice

Temporary email reduces inbox exposure and limits personal data sharing, but it does not guarantee total anonymity or complete security. The platform is a utility tool, not a secure communication channel. Users remain responsible for how they use the service and what information they expose.

SECTION 12

Abuse Prevention & Responsible Operations

Temporary email services can be targets for automated abuse, bulk registration fraud, and other misuse patterns. Best Temp Mail takes abuse prevention seriously and implements multiple layers of protection to maintain platform integrity and reduce harm.

12.1 Why Abuse Prevention Matters

Without active controls, temporary email tools can be exploited for mass account creation, spam campaigns, fraud facilitation, and service abuse. Responsible platforms must actively work to detect, limit, and prevent these behaviors, not only to protect their own infrastructure, but to maintain trust with the broader internet ecosystem.

12.2 Anti-Abuse Mechanisms

- Per-endpoint rate limiting with configurable thresholds
- IP-based request throttling and anomaly detection
- Mailbox creation caps to prevent bulk generation
- Cooldown periods on high-frequency operations
- Traffic pattern analysis to identify automated abuse
- Service-level safeguards against resource exhaustion

12.3 Policy Boundaries

The platform is explicitly **not intended** for:

- Fraud or financial deception
- Spam campaigns or bulk messaging
- Evasion of lawful restrictions or terms of service
- Harassment, abuse, or targeted attacks
- Malicious automation or bot-driven abuse
- Account abuse or identity impersonation

12.4 Operational Discretion

Best Temp Mail reserves the right to limit access, block abusive traffic, restrict patterns of misuse, and update thresholds or policies at any time without prior notice. These measures are essential to

maintaining a healthy, reliable service for legitimate users.

SECTION 13

Deliverability Constraints & Practical Limitations

Temporary email operates within a complex email delivery ecosystem. Users should understand that disposable mail services face inherent limitations that do not apply to permanent email providers.

Domain Blocking

Many websites and online services actively maintain blocklists of known temporary email domains. When a user attempts to register with a blocked domain, the service will reject the address. This is a widespread practice that Best Temp Mail cannot override. The platform mitigates this through domain rotation and multiple available domains.

Delivery Variability

Email delivery from external services to temporary addresses may experience delays, filtering, or outright failure depending on the sender's infrastructure, anti-spam policies, and domain reputation. Some emails may arrive late; others may not arrive at all.

Inherent Instability

Temporary email is fundamentally less stable than established permanent email ecosystems (Gmail, Outlook, etc.). Domain reputation can fluctuate, third-party filters evolve, and system-level conditions may affect delivery. Users should not rely on temporary email for time-critical or mission-critical communications.

- *These limitations are inherent to disposable email as a category, not specific to Best Temp Mail. Understanding them helps users set realistic expectations and choose the right tool for each situation.*

SECTION 14

Performance, Reliability & Scalability

14.1 Performance Goals

- Mailbox generation in under one second
- Near-instant inbox refresh with efficient polling
- Responsive UI across desktop and mobile devices
- Lightweight page loads optimized for global access

14.2 Reliability

The backend is managed through PM2, which provides automatic process restarts on failure, clustering support, and operational monitoring. Nginx handles request routing and serves as a resilient entry point for all traffic. System health is maintained through regular automated cleanup to prevent stale resource buildup.

14.3 Scalability Principles

- Bounded resource lifecycles prevent unbounded data growth
- Automated cleanup maintains system health under sustained usage
- Rate limiting protects against traffic spikes and abuse
- Multiple domain support distributes load and reduces single-domain risk

14.4 Practical Constraints

As a single-server deployment, the platform's capacity is bounded by available hardware resources. Under extreme load conditions, response times may increase. The architecture is designed to degrade gracefully rather than fail abruptly, prioritizing service continuity for active users.

SECTION 15

User Experience & Product Design Principles

The user interface is designed to make temporary email as frictionless as possible. Every design decision is evaluated against the principle that the fastest, simplest interaction is the best one.

- **Minimal friction:** No registration, no accounts, no setup steps.
- **Instant generation:** A working inbox is available the moment the page loads.
- **Clear inbox state:** Users can immediately see whether new messages have arrived.
- **Clean visual hierarchy:** Information is organized for quick scanning.
- **Mobile responsiveness:** Full functionality on phones and tablets.
- **Accessibility awareness:** Semantic HTML, readable contrast, keyboard navigation.
- **Global reach:** 40+ languages with proper RTL support for Arabic, Hebrew, and Farsi.
- **Trust-oriented language:** Honest labels, clear warnings, no misleading claims.
- **Integrated tools:** 45 built-in developer and privacy tools (email validator, DNS lookup, DMARC analyzer, password generator, and more) provide additional value.

SECTION 16

Transparency, Ethics & Responsible Use

Operating a temporary email platform carries a responsibility to be transparent about what the service can and cannot do, to discourage misuse, and to promote privacy without enabling harm.

Transparency Commitments

- Clear documentation of what the service is designed for
- Honest disclosure of limitations, including deliverability and domain blocking
- No exaggerated claims about privacy, security, or anonymity
- Public privacy policy and terms of service

Ethical Principles

- Promote privacy as a legitimate user need, not a tool for evasion
- Actively prevent platform abuse through technical and policy controls
- Encourage responsible use through user education and clear warnings
- Avoid misleading language such as 'military-grade', '100% anonymous', or 'unhackable'

Responsible Use Guidance

Users are expected to use Best Temp Mail in accordance with applicable laws and the platform's terms of service. The service is designed for privacy protection, testing, and spam prevention, not for unlawful, abusive, or harmful purposes.

SECTION 17

Future Roadmap

Best Temp Mail is actively developed and continuously improved. The following areas are under consideration for future enhancement. Items listed here represent potential directions, not firm commitments.

- Enhanced abuse detection with advanced traffic analysis
- Browser extension for quick address generation
- Mobile-optimized progressive web app (PWA) experience
- Optional developer API access for programmatic inbox creation
- Expanded privacy education content and user guides
- Improved documentation and help center
- Additional developer and security tools
- Uptime and service health transparency page
- Custom domain support for premium users (under evaluation)
- Telegram bot and browser integrations

■ *Roadmap items are listed as 'under consideration' or 'planned' and may change based on user feedback, technical feasibility, and operational priorities. No guarantees are made about specific features or timelines.*

SECTION 18

Frequently Asked Questions

Q: What is temporary email?

Temporary email is a service that provides short-lived, disposable email addresses for receiving messages without using your real inbox. The address exists for a limited time and is then permanently deleted.

Q: How long do temporary inboxes last?

Retention periods vary based on the service mode and system configuration. Standard inboxes have a defined retention window, while 10-minute mail mode provides an ultra-short expiry. Exact durations may be adjusted based on operational needs.

Q: Is temp mail anonymous?

Temporary email reduces identity exposure by not requiring personal information or account creation. However, it does not provide absolute anonymity. Network-level identifiers (such as IP addresses and browser fingerprints) may still be visible to the platform's infrastructure.

Q: Is temp mail safe?

The platform is designed with security best practices, but users should exercise caution with email content. Avoid clicking suspicious links in received messages, and never use temp mail for sensitive accounts.

Q: Can I use temp mail for account recovery?

No. Temporary addresses expire and are permanently deleted. If a service requires email-based recovery, a disposable address will not work.

Q: Why do some websites block disposable email?

Many services maintain blocklists of known temporary email domains to prevent abuse, reduce fake signups, and enforce their terms of service. This is a widespread industry practice.

Q: Are temporary inboxes private?

Temporary inboxes are not password-protected personal accounts. They are utility inboxes designed for convenience, not confidential communication. Treat them accordingly.

Q: Is this suitable for banking or healthcare?

Absolutely not. Temporary email should never be used for financial, medical, legal, or government accounts.

Q: What happens when a mailbox expires?

The address becomes invalid, messages are permanently deleted, and no recovery is possible. This is by design.

Q: Is temporary email legal?

Using temporary email is legal in most jurisdictions. It is a privacy tool, similar to using a VPN or ad blocker. However, users are responsible for ensuring their specific use complies with applicable laws and the terms of services they interact with.

Q: Can developers use temp mail for QA testing?

Yes. Temporary email is widely used by developers and QA teams for testing signup flows, email delivery, notification systems, and onboarding sequences.

Q: Why might an email not arrive?

Delivery issues can be caused by sender-side filtering, domain reputation, anti-disposable-email blocklists, network delays, or message processing timing. Temporary email is inherently less reliable than permanent providers.

Q: Can I extend a mailbox?

In standard mode, users can generate a new address at any time. The 10-minute mail mode has a fixed short expiry. The platform does not currently support manual extension of retention windows.

Q: Can I manually delete a mailbox?

Yes. Users can regenerate their address at any time, which effectively replaces the current mailbox with a new one. The previous address and its contents are discarded.

Q: Does Best Temp Mail sell my data?

No. The platform does not collect personal data, does not create user profiles, and does not sell or share any information with third parties.

SECTION 19

Conclusion

Temporary email addresses solve a real, growing problem in the modern internet: the persistent demand for personal email addresses in exchange for basic access, the resulting flood of unwanted communication, and the erosion of online privacy through widespread data collection.

Best Temp Mail is built to serve this need responsibly. The platform prioritizes speed, privacy, and transparency while implementing active measures to prevent abuse and maintain trust. Every design decision, from the mailbox lifecycle to the rate limiting strategy to the user interface, reflects a commitment to building a tool that is genuinely useful without being harmful.

Users should approach temporary email with clear expectations: it is a convenience and privacy utility for low-trust interactions, not a secure communication channel. When used responsibly and within its intended scope, temporary email is a valuable addition to any user's privacy toolkit.

We will continue to improve the platform, expand documentation, enhance abuse prevention, and develop new features that serve our users' needs. This whitepaper will be updated as the platform evolves.

SECTION 20

Legal / Informational Disclaimer

This document is provided for informational purposes only. It describes the general design, operational principles, and intended use of the Best Temp Mail platform as of the publication date.

Product capabilities, features, and policies described in this document may change over time without prior notice. Retention periods, rate limits, domain availability, and other operational parameters may be adjusted based on infrastructure requirements, abuse patterns, legal obligations, or product evolution.

This document does not constitute legal, security, compliance, or professional advice. Users remain solely responsible for how they use the platform and for ensuring that their usage complies with all applicable laws, regulations, and the terms of service of any third-party platforms they interact with.

The Best Temp Mail service should not be used for unlawful, abusive, fraudulent, or high-risk purposes. It is not designed for and should not be relied upon for banking, healthcare, legal, government, or any sensitive communications.

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SECTION 21

Appendix: Glossary

Term	Definition
Disposable Email	An email address designed for temporary use that is discarded after a short period.
Temporary Inbox	The receiving mailbox associated with a disposable email address, active during the retention window.
Mailbox Lifecycle	The complete sequence from address creation through active use to expiration and deletion.
Retention Window	The defined period during which a temporary mailbox remains active and accessible.
Rate Limiting	A security mechanism that restricts the number of requests a client can make within a given timeframe.
Abuse Prevention	Technical and policy measures designed to detect, limit, and prevent misuse of the platform.
Email Deliverability	The ability of an email message to successfully reach its intended recipient's inbox.
Domain Reputation	A measure of trustworthiness assigned to an email domain by receiving mail servers, affecting delivery success.
MTA (Mail Transfer Agent)	Software responsible for transferring email messages between servers (e.g., Postfix).
TLS (Transport Layer Security)	A cryptographic protocol that provides secure communication over the internet (HTTPS).
Reverse Proxy	A server that sits between clients and backend services, handling routing, load balancing, and security.
i18n (Internationalization)	The process of designing software to support multiple languages and regional conventions.
Fail2ban	A security tool that monitors log files and automatically blocks IP addresses showing malicious behavior.
PM2	A production process manager for Node.js applications that provides clustering, monitoring, and auto-restart capabilities.

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Contact: <https://best-tempmail.com/en/contact>