

How to find Instagram registration email

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The Instagram management interface has now changed, so users are quite confused in the process of finding the account settings, or simply finding the Instagram account registration email again. Maybe because you're logged into multiple Instagram accounts at the same time, so you don't remember the registered email of one of the Instagram accounts. Or we register an Instagram account with an Instagram phone number so we don't remember the Instagram email added later. The following article will guide you to find an extremely simple Instagram registration email.

Instructions to find email to register for Instagram

Step 1:

At the interface on the Instagram application, users click on **the profile icon** below. Continue to switch to the personal Instagram account interface, we click on **the 3 dashes icon** in the top right corner of the interface.

Không có SIM

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Instagram



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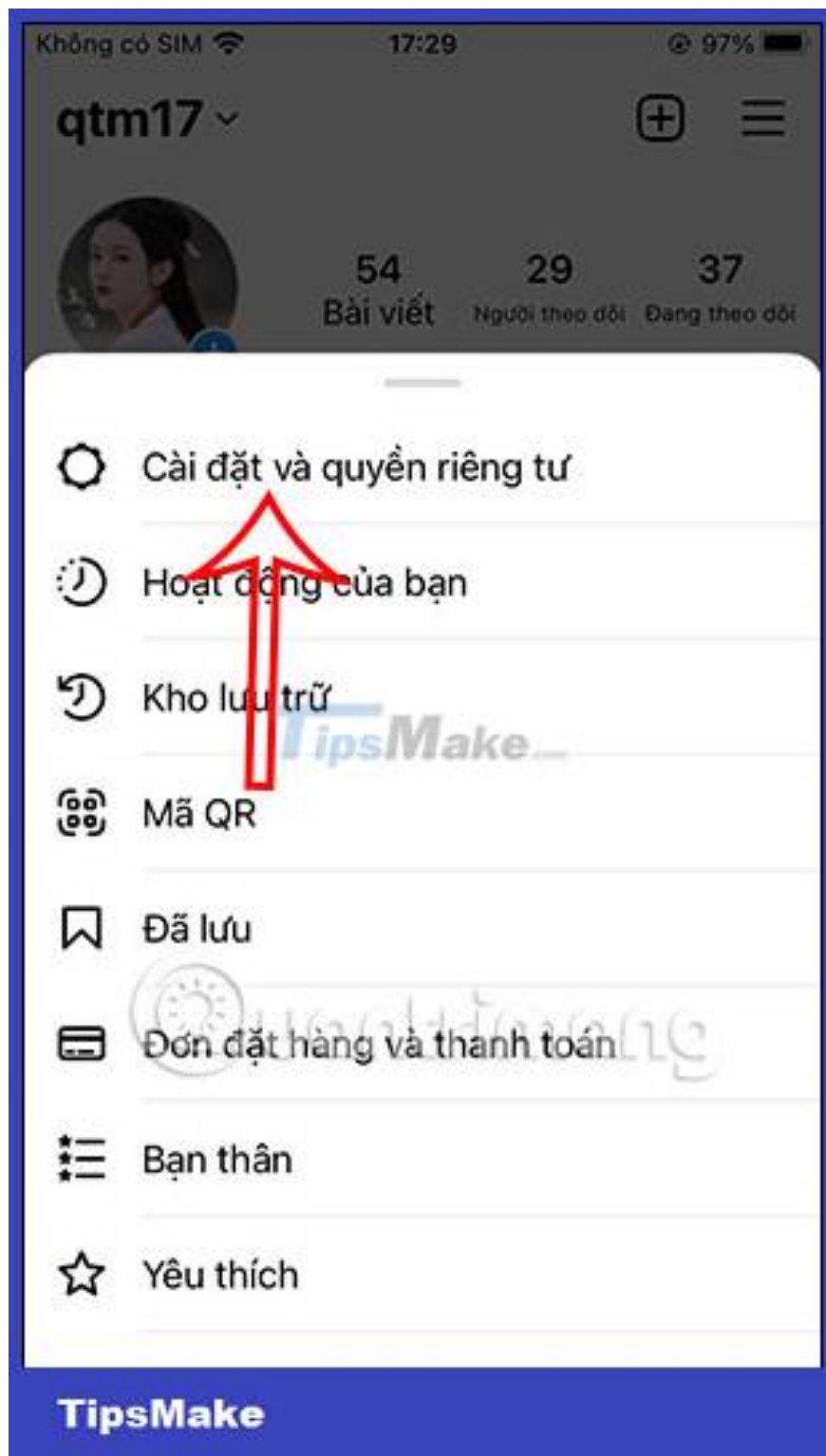


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Step 2:

Displaying the optional interface below, users click on **the Settings and privacy settings** .



Step 3:

In the options interface for Instagram accounts, users click on **the Account Center item** . You will now see all the information items about our Instagram account, click on **the Personal information section** below.



Cài đặt và quyền riêng tư

🔍 Tìm kiếm

Tài khoản của bạn

Meta

Trung tâm tài khoản



Mật khẩu, bảo mật, thông tin cá nhân, quảng cáo >

Quản lý phần cài đặt tài khoản và trải nghiệm kết nối trên các công nghệ của Meta. [Tìm hiểu thêm](#)

Cách bạn dùng Instagram



Thông báo >



Thời gian sử dụng >

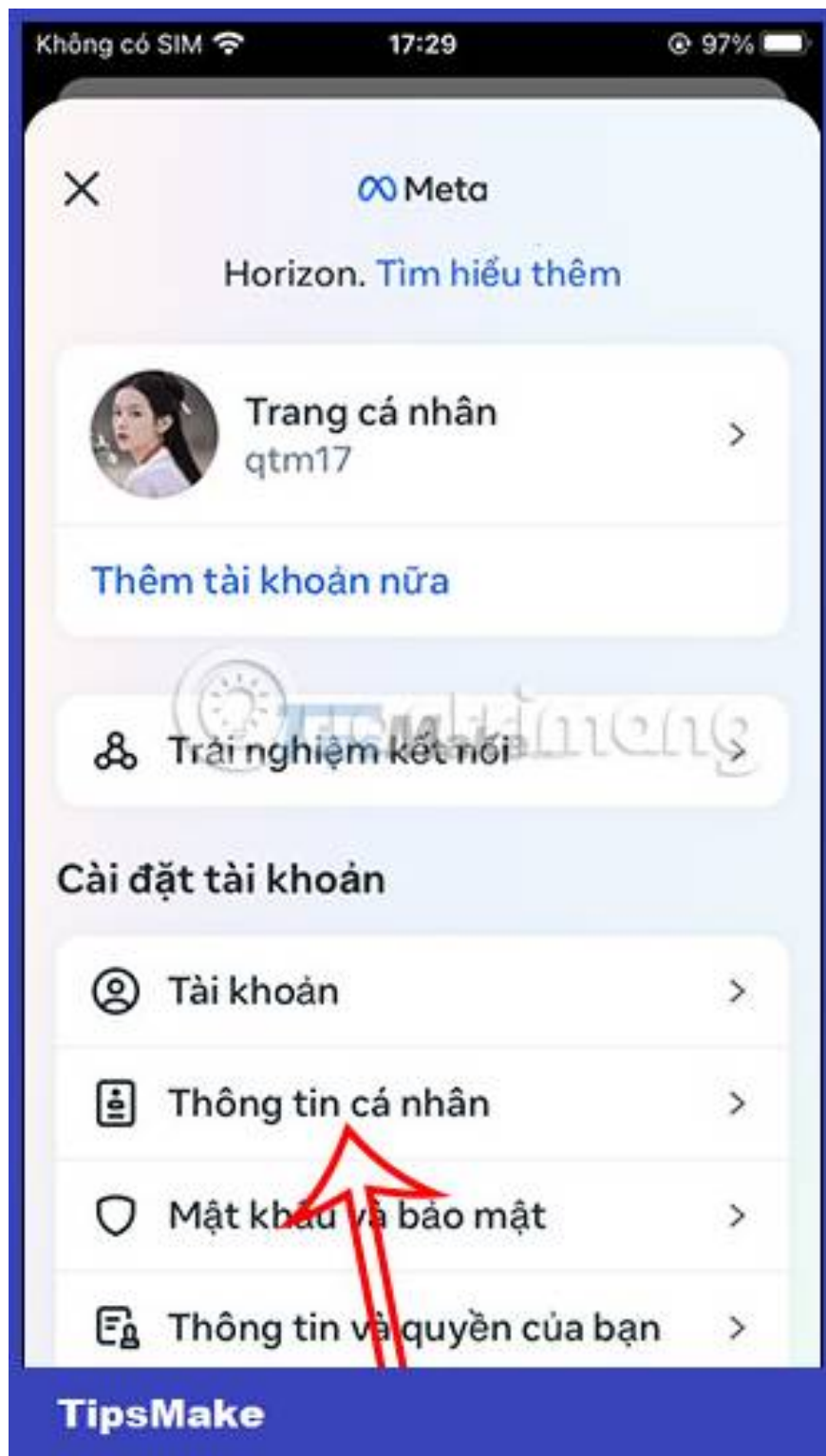
Nội dung bạn nhìn thấy



Mục yêu thích 0 >



Đã tắt thông báo 1 >



Step 4:

As a result, you will see the **email information of the Instagram account registration email** or the email added to Instagram that you have made previously. When you click on this Instagram email information, you can change the Instagram email in case the old email address is not used.

In case you link your Instagram account to your Facebook account, we can also find Instagram emails on Facebook through a very simple setting.



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