Gmail bandwidth limits

All Google Workspace accounts have Gmail bandwidth limits. Bandwidth limits help ensure the health and safety of Google systems and accounts.

Activities that transfer large amounts of data in a short time can cause Gmail accounts to reach the bandwidth limit. For example, syncing a Gmail account to a third-party email client can use a large amount of data.

As an admin, you can check the User list in your Admin console for accounts that have reached Gmail limits, and when the accounts will be reset. In some cases, you can reset the Gmail suspension.

Reaching the sync limit triggers a safeguard that temporarily stops IMAP uploads for the account. For recommendations about limits and synchronization, go to Sync limits.

The following Gmail bandwidth limits apply to all Google Workspace editions, and may change without notice.

Gmail bandwidth limits

Limit	Per hour	Per day
Download with web client	750 MB	1250 MB
Upload with web client (includes emails sent via Gmail SMTP)	300 MB	1500 MB

POP and IMAP bandwidth limits

Limit	Per day
Download with IMAP	2500 MB
Download with POP	1250 MB
Upload with IMAP	500 MB

Note: Go to the Gmail Help Center   for information about POP   and IMAP   options.

Effects

Causes

Recommendations

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