






The ultimate Office 365 backup solutions cheat sheet

Criteria	 Veeam	 Barracuda	 ALTARO	 NetApp®	 AvePoint
SaaS Software suite	No	Yes	Yes	Yes	Yes
Storage included	No	Yes	Yes	Yes	Yes
Storage Size	Unlimited	Unlimited	Unlimited	Unlimited	Unlimited
Storage location select	Yes	Yes	No	Yes	Yes
Retention period	Unlimited	Unlimited	Unlimited	Unlimited	Unlimited
Encryption in transit	Yes	Yes	Yes	Yes	Yes
Encryption in rest	Yes	Yes	Yes	Yes	Yes
Backup Items	Mailbox, OneDrive, SharePoint, Group Mail, Group Site.	Mailbox, OneDrive, SharePoint, Office 365 Groups, Teams	Mailbox, OneDrive, SharePoint	Mailbox, OneDrive, SharePoint, Office 365 groups and Teams.	Mailbox, OneDrive, SharePoint, Office 365 groups and Teams.
Backup Explorer	Yes	Yes	Yes	Yes	Yes
Backup Frequency	Multiple times a day	Multiple times a day	Multiple times a day	Multiple times a day	Multiple times a day
Export capabilities	Yes	Yes	Yes	Yes	Yes
Restore Single Item	Yes	Yes	Yes	Yes	Yes
Restore User friendliness	Yes	Yes	Yes	Yes	Yes
Email Reports	Yes	Yes	Yes	Yes	Yes
MFA for Admin Panel	Yes	Yes	Yes	Not Native	Not Native
MSP Dashboard	Yes	Yes	Yes	Yes	Yes
MSP Billing Information	Yes	No	Yes	Yes	Yes

Make sure to read the accompanying blog post [here](#)