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## iFlash BIOS Update Instructions for Intel® NUC

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The iFlash BIOS update utility allows you to update the BIOS from a bootable USB device. (Information on how to create a bootable USB device is at the end of this document.)

The following Intel NUC models use the Aptio 5 BIOS core and have a different method for BIOS updates and Recovery.

- Intel® NUC 8 Mainstream-G (NUC8i5INH)
- Intel® NUC 8 Mainstream-G (NUC8i7INH)
- Intel® NUC Kit NUC8CCHKR
- Intel® NUC Board NUC8CCHB

See [BIOS Update and Recovery Instructions for Intel® NUCs With Aptio 5 BIOS](#).

### Notes:

- Downgrading the BIOS to an earlier version is not recommended and may not be supported. An earlier BIOS version may not contain the support for the latest processors, bug fixes, critical security updates, or support the latest board revisions currently being manufactured.
- If a BIOS update process is interrupted, your computer may not function properly. We recommend the process be done in an environment with a steady power supply (preferably with UPS).
- Before updating the BIOS, manually record all BIOS settings that have been changed (from default) so they can be restored after completing the BIOS update.
- All images in this example are for illustration purposes only. You need to select the correct BIOS files for your Intel NUC.

All BIOS update files for Intel® NUC products are available on Intel's Download Center at <http://downloadcenter.intel.com/>.

1. Download the iFlash BIOS Update file. Example:

Available Downloads

OS Independent

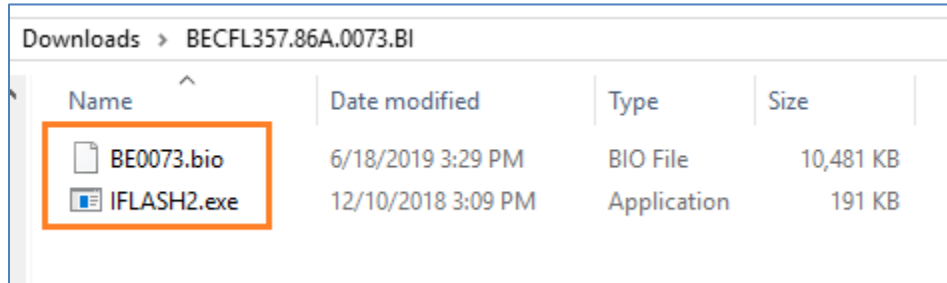
Language: English

Size: 8.66 MB

MD5: 371387d5cca81b4206f12812b8bcce55

**BECFL357.86A.0073.BI.zip**

2. Double-click the \*.ZIP to extract its files.
3. Copy IFLASH2.EXE and the .BIO file to the bootable USB device.



| Name        | Date modified      | Type        | Size      |
|-------------|--------------------|-------------|-----------|
| BE0073.bio  | 6/18/2019 3:29 PM  | BIO File    | 10,481 KB |
| IFLASH2.exe | 12/10/2018 3:09 PM | Application | 191 KB    |

4. Configure the BIOS of the target computer to boot to the USB device:
  - a. Press **F2** during boot to enter BIOS Setup.
  - b. Go to the Boot menu.
  - c. Enable **USB Boot**.
  - d. Press **F10** to save and exit the BIOS Setup.
5. Boot the target computer with the USB device connected.
6. At the prompt, type **IFLASH2 /PF XXX.BIO**, where XXX.BIO is the filename of the .BIO file and press Enter.
7. Follow all prompts.

After any BIOS update, Intel recommends the following steps:

1. Press **F2** during boot to enter BIOS Setup.
2. Press **F9** to set BIOS default values.
3. Customize any BIOS settings, if desired (optional).
4. Press **F10** to save and exit BIOS Setup.

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### **Creating a Bootable USB Device**

Refer to any of the following websites for tips on creating bootable USB devices. Intel is unable to assist with the creation of bootable devices.

- How to Boot from a USB Flash Drive at <http://www.bootdisk.com/pendrive.htm>
- Boot from USB Flash Drive at [http://www.weethet.nl/english/hardware\\_bootfromusbstick.php](http://www.weethet.nl/english/hardware_bootfromusbstick.php)

You can also search for additional resources on the web for creating bootable USB devices. Search on "How to create bootable USB drives".