

[tasklist.org](http://tasklist.org) - A comprehensive list of processes running in your computer

Filename: MSNMSGR.EXE

Name: Microsoft Windows Update

Description: Added by the <a href="http://www.sophos.com/virusinfo/analyses/w32sdbotwm.html">www.sophos.com/virusinfo/analyses/w32sdbotwm.html  
target= blank>SDBOT-WM</a> WORM!

Recommendation: Definitely not required - typically viruses, spyware, adware and "resource hogs"

We found that [Easy SpyRemover](#) is the most effective tool for removing this file.

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