

tasklist.org - A comprehensive list of processes running in your computer

Filename: sychost.exe

Name: Windows Update

Description: Added by the [LEOX.B](#) 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.

[Back to sychost.exe](#)