	Process		XP Home	XP Pro			
Display Name	Name	Description	Default	Default	Standard	Power User	Gamer
Alerter	svchost.exe	Notifies selected users and computers of administrative alerts. If the service is stopped, programs that use administrative alerts will not receive them. If this service is disabled, any services that explicitly depend on it will fail to start.	Disabled	Disabled	Disabled	Disabled	Disabled
Application Layer Gateway Service	alg.exe	Provides support for 3rd party protocol plug-ins for Internet Connection Sharing and the Windows Firewall.	Manual	Manual	Manual	Disabled	Disabled
Application Management	svchost.exe	Provides software installation services such as Assign, Publish, and Remove.	Manual	Manual	Manual	Manual	Manual
Automatic Updates	svchost.exe	Enables the download and installation of Windows updates.	Automatic	Automatic	Automatic	Disabled	Disabled
Background Intelligent Transfer Service	svchost.exe	Transfers files in the background using idle network bandwidth. If the service is stopped, features such as Windows Update, and MSN Explorer will be unable to automatically download programs and other information.	Manual	Manual	Manual	Disabled	Disabled
ClipBook	clipsrv.exe	Enables ClipBook Viewer to store information and share it with remote computers.	Disabled	Disabled	Disabled	Disabled	Disabled
COM+ Event System	svchost.exe	Supports System Event Notification Service (SENS), which provides automatic distribution of events to subscribing Component Object Model (COM) components.	Manual	Manual	Manual	Disabled	Disabled
COM+ System Application	dllhost.exe	Manages the configuration and tracking of Component Object Model (COM)+-based components. If the service is stopped, most COM+-based components will not function properly.	Manual	Manual	Manual	Disabled	Disabled
Computer Browser	svchost.exe	Maintains an updated list of computers on the network and supplies this list to computers designated as browsers.	Automatic	Automatic	Disabled	Disabled	Disabled
Cryptographic Services	svchost.exe	Provides three management services: Catalog Database Service, which confirms the signatures of Windows files; Protected Root Service, which adds and removes Trusted Root Certification Authority certificates from this computer; and Key Service, which helps enroll this computer for certificates.	Automatic	Automatic	Automatic	Disabled	Disabled

	Process		XP Home	XP Pro			
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DCOM Server Process Launcher	svchost.exe	Provides launch functionality for DCOM services.	Automatic	Automatic	Automatic	Automatic	Disabled
DHCP Client	svchost.exe	Manages network configuration by registering and updating IP addresses and DNS names.	Automatic	Automatic	Automatic	Automatic	Disabled
Distributed Link Tracking Client	svchost.exe	Maintains links between NTFS files within a computer or across computers in a network domain.	Automatic	Automatic	Manual	Disabled	Disabled
Distributed Transaction Coordinator	msdtc.exe	Description Coordinates transactions that span multiple resource managers, such as databases, message queues, and file systems. If this service is stopped, these transactions will not occur.	Manual	Manual	Manual	Disabled	Disabled
DNS Client	svchost.exe	Resolves and caches Domain Name System (DNS) names for this computer. If this service is stopped, this computer will not be able to resolve DNS names and locate Active Directory domain controllers.	Automatic	Automatic	Automatic	Disabled	Disabled
Error Reporting Service	svchost.exe	Allows error reporting for services and applications running in non-standard environments.	Automatic	Automatic	Disabled	Disabled	Disabled
Event Log	services.exe	Enables event log messages issued by Windows-based programs and components to be viewed in Event Viewer.	Automatic	Automatic	Automatic	Automatic	Automatic
Fast User Switching Compatibility	svchost.exe	Provides management for applications that require assistance in a multiple user environment.	Manual	Manual	Manual	Disabled	Disabled
Fax	fxssvc.exe	Enables you to send and receive faxes, utilizing fax resources available on this computer or on the network.	Not Installed				
FTP Publishing	inetinfo.exe	Used to provide a FTP server on your network.	Not Available	Not Installed	Not Installed	Not Installed	Not Installed
HTTP SSL	svchost.exe	This service implements the secure hypertext transfer protocol (HTTPS) for the HTTP service, using the Secure Socket Layer (SSL).	Manual	Manual	Manual	Disabled	Disabled
Help and Support	svchost.exe	Enables Help and Support Center to run on this computer. If this service is stopped, Help and Support Center will be unavailable.	Automatic	Automatic	Manual	Disabled	Disabled
Human Interface Device Access	svchost.exe	Enables generic input access to Human Interface Devices (HID), which activates and maintains the use of predefined hot buttons on keyboards, remote controls, and other multimedia devices.	Disabled	Disabled	Disabled	Disabled	Disabled
IIS Admin	inetinfo.exe	Usually used in conjunction with local web site or FTP servers.	Not Available	Not Installed	Not Installed	Not Installed	Not Installed

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IMAPI CD-Burning COM Service	imapi.exe	Manages CD recording using Image Mastering Applications Programming Interface (IMAPI). If this service is stopped, this computer will be unable to record CDs.	Manual	Manual	Manual	Disabled	Disabled
Indexing Service	cisvc.exe	Indexes contents and properties of files on local and remote computers; provides rapid access to files through flexible querying language.	Manual	Manual	Disabled	Disabled	Disabled
IPSEC Services	lsass.exe	Manages IP security policy and starts the ISAKMP/Oakley (IKE) and the IP security driver.	Automatic	Automatic	Automatic	Disabled	Disabled
IPv6 Helper Service	svchost.exe		Not Installed				
Logical Disk Manager	svchost.exe	Detects and monitors new hard disk drives and sends disk volume information to Logical Disk Manager Administrative Service for configuration.	Manual	Automatic	Manual	Disabled	Disabled
Logical Disk Manager Administrative Service	dmadmin.exe	Configures hard disk drives and volumes. The service only runs for configuration processes and then stops.	Manual	Manual	Manual	Disabled	Disabled
Messenger	services.exe	Transmits net send and Alerter service messages between clients and servers. This service is not related to Windows Messenger. If this service is stopped, Alerter messages will not be transmitted.	Disabled	Disabled	Disabled	Disabled	Disabled
MS Software Shadow Copy Provider	dllhost.exe	Manages software-based volume shadow copies taken by the Volume Shadow Copy service.	Manual	Manual	Manual	Disabled	Disabled
Net Logon	lsass.exe	Supports pass-through authentication of account logon events for computers in a domain.	Manual	Manual	Disabled	Disabled	Disabled
NetMeeting Remote Desktop Sharing	mnmsrvc.exe	Enables an authorized user to access this computer remotely by using NetMeeting over a corporate intranet.	Manual	Manual	Disabled	Disabled	Disabled
Network Connections	svchost.exe	Manages objects in the Network and Dial-Up Connections folder, in which you can view both local area network and remote connections.	Manual	Manual	Manual	Manual	Disabled
Network DDE	netdde.exe	Provides network transport and security for Dynamic Data Exchange (DDE) for programs running on the same computer or on different computers.	Disabled	Disabled	Disabled	Disabled	Disabled
Network DDE DSDM	netdde.exe	Manages Dynamic Data Exchange (DDE) network shares.	Disabled	Disabled	Disabled	Disabled	Disabled

	Process		XP Home	XP Pro			
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Network Location Awareness (NLA)	svchost.exe	Collects and stores network configuration and location information, and notifies applications when this information changes.	Manual	Manual	Disabled	Disabled	Disabled
Network Provisioning Service	svchost.exe	Manages XML configuration files on a domain basis for automatic network provisioning.	Manual	Manual	Disabled	Disabled	Disabled
NT LM Security Support Provider	lsass.exe	Provides security to remote procedure call (RPC) programs that use transports other than named pipes.	Manual	Manual	Manual	Manual	Disabled
Performance Logs and Alerts	smlogsvc.exe	Collects performance data from local or remote computers based on preconfigured schedule parameters, then writes the data to a log or triggers an alert.	Manual	Manual	Disabled	Disabled	Disabled
Plug and Play	services.exe	Enables a computer to recognize and adapt to hardware changes with little or no user input.	Automatic	Automatic	Automatic	Automatic	Automatic
Portable Media Serial Number Service	svchost.exe	Retrieves the serial number of any portable media player connected to this computer.	Manual	Manual	Disabled	Disabled	Disabled
Print Spooler	spoolsv.exe	Loads files to memory for later printing.	Automatic	Automatic	Automatic	Automatic	Disabled
Protected Storage	lsass.exe	Provides protected storage for sensitive data, such as private keys, to prevent access by unauthorized services, processes, or users.	Automatic	Automatic	Automatic	Disabled	Disabled
QoS RSVP	rsvp.exe	Provides network signaling and local traffic control setup functionality for QoS-aware programs and control applets.	Manual	Manual	Disabled	Disabled	Disabled
Remote Access Auto Connection Manager	svchost.exe	Creates a connection to a remote network whenever a program references a remote DNS or NetBIOS name or address.	Manual	Manual	Manual	Disabled	Disabled
Remote Access Connection Manager	svchost.exe	Creates a network connection.	Manual	Manual	Manual	Disabled	Disabled
Remote Desktop Help Session Manager	sessmgr.exe	Manages and controls Remote Assistance.	Manual	Manual	Disabled	Disabled	Disabled
Remote Procedure Call (RPC)	svchost.exe	Provides the endpoint mapper and other miscellaneous RPC services.	Automatic	Automatic	Automatic	Automatic	Automatic
Remote Procedure Call RPC) Locator	locator.exe	Manages the RPC name service database.	Manual	Manual	Manual	Manual	Disabled
Remote Registry Service	svchost.exe	Enables remote users to modify registry settings on this computer.	Not Available	Automatic	Disabled	Disabled	Disabled
Removable Storage	svchost.exe	Enables externally attached storage devices.	Manual	Manual	Manual	Disabled	Disabled

	Process		XP Home	XP Pro			
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Routing and Remote Access	svchost.exe	Offers routing services to businesses in local area and wide area network environments.	Disabled	Disabled	Disabled	Disabled	Disabled
Secondary Logon	svchost.exe	Enables starting processes under alternate credentials.	Automatic	Automatic	Disabled	Disabled	Disabled
Security Accounts Manager	lsass.exe	Stores security information for local user accounts.	Automatic	Automatic	Automatic	Disabled	Disabled
Security Center	svchost.exe	Monitors system security settings and configurations.	Automatic	Automatic	Disabled	Disabled	Disabled
Server	svchost.exe	Supports file, print, and named-pipe sharing over the network for this computer.	Automatic	Automatic	Disabled	Disabled	Disabled
Shell Hardware Detection	svchost.exe	Provides notifications for AutoPlay hardware events.	Automatic	Automatic	Automatic	Disabled	Disabled
Simple Mail Transport Protocol (SMTP)	inetinfo.exe	Supports the use of a local (outbound) email server.	Not Available	Not Installed	Not Installed	Not Installed	Not Installed
Simple TCP/IP Services	tcpsvcs.exe	Supports UNIX Networking services.	Not Installed				
Smart Card	SCardSvr.exe	Manages access to smart cards read by this computer.	Manual	Manual	Disabled	Disabled	Disabled
SNMP Service	snmp.exe	Supports the use of networking equipment that use SNMP as a mode of management.	Not Installed				
SNMP Trap Service	snmptrap.exe	Supports the use of networking equipment that use SNMP as a mode of management.	Not Installed				
SSDP Discovery Service	svchost.exe	Enables discovery of UPnP devices on your home network.	Manual	Manual	Disabled	Disabled	Disabled
System Event Notification	svchost.exe	Tracks system events such as Windows logon, network, and power events. Notifies COM+ Event System subscribers of these events.	Automatic	Automatic	Automatic	Disabled	Disabled
System Restore Service	svchost.exe	Performs system restore functions.	Automatic	Automatic	Disabled	Disabled	Disabled
Task Scheduler	svchost.exe	Enables a user to configure and schedule automated tasks on this computer.	Automatic	Automatic	Automatic	Disabled	Disabled
TCP/IP NetBIOS Helper Service	svchost.exe	Enables support for NetBIOS over TCP/IP (NetBT) service and NetBIOS name resolution.	Automatic	Automatic	Disabled	Disabled	Disabled
Telephony	svchost.exe	Provides Telephony API (TAPI) support for programs that control telephony devices and IP based voice connections on the local computer and, through the LAN, on servers that are also running the service.	Manual	Manual	Manual	Disabled	Disabled

	Process		XP Home	XP Pro			
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Telnet	tlntsvr.exe	Enables a remote user to log on to this computer and run programs, and supports various TCP/IP Telnet clients, including UNIX-based and Windows-based computers.	Not Available	Manual	Disabled	Disabled	Disabled
Terminal Services	svchost.exe	Allows multiple users to be connected interactively to a machine as well as the display of desktops and applications to remote computers. The underpinning of Remote Desktop (including RD for Administrators), Fast User Switching, Remote Assistance, and Terminal Server.	Manual	Manual	Manual	Disabled	Disabled
Themes	svchost.exe	Provides user experience theme management.	Automatic	Automatic	Automatic	Disabled	Disabled
Uninterruptible Power Supply	ups.exe	Manages an uninterruptible power supply (UPS) connected to the computer.	Manual	Manual	Disabled	Disabled	Disabled
Universal Plug and Play Device Host	svchost.exe	Provides support to host Universal Plug and Play devices.	Manual	Manual	Disabled	Disabled	Disabled
Volume Shadow Copy	vssvc.exe	Manages and implements Volume Shadow Copies used for backup and other purposes.	Manual	Manual	Manual	Disabled	Disabled
WebClient	svchost.exe	Enables Windows-based programs to create, access, and modify Internet-based files.	Automatic	Automatic	Disabled	Disabled	Disabled
Windows Audio	svchost.exe	Manages audio devices for Windows-based programs.	Automatic	Automatic	Automatic	Automatic	Automatic
Windows Firewall / Internet Connection Sharing	svchost.exe	Provides network address translation, addressing, name resolution and/or intrusion prevention services for a home or small office network.	Automatic	Automatic	Automatic	Disabled	Disabled
Windows Image Acquisition (WIA)	svchost.exe	Provides image acquisition services for scanners and cameras.	Manual	Manual	Manual	Disabled	Disabled
Windows Installer	msiexec.exe	Adds, modifies, and removes applications provided as a Windows Installer (*.msi) package.	Manual	Manual	Manual	Manual	Manual
Windows Management Instrumentation	svchost.exe	Provides a common interface and object model to access management information about operating system, devices, applications and services.	Automatic	Automatic	Automatic	Automatic	Automatic
Windows Management Instrumentation Driver Extension	svchost.exe	Provides systems management information to and from drivers.	Not Available	Manual	Manual	Manual	Disabled
Windows Time	svchost.exe	Maintains date and time synchronization on all clients and servers in the network.	Automatic	Automatic	Disabled	Disabled	Disabled

	Process		XP Home	XP Pro			
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Wireless Zero Configuration	svchost.exe	Provides automatic configuration for the 802.11 adapters	Automatic	Automatic	Disabled	Disabled	Disabled
WMI Performance Adapter		Provides performance library information from WMI HiPerf providers.	Manual	Manual	Disabled	Disabled	Disabled
Workstation		Creates and maintains client network connections to remote servers.	Automatic	Automatic	Automatic	Automatic	Automatic

Disabling all unnecessary services can free 10-50 MB of RAM, depending on your system (Home, Pro, Media Center).

Automatic: With a service set to automatic, it will start at boot time. If you find you do not need a service, place it into Manual or Disabled. Manual: Manual mode allows Windows to start a service when needed. If you find you need a service frequently, place it into Automatic. Disabled: This setting will stop a service from starting. Some services while Disabled will complain -- you can correct this by setting the service to Manual.

Accessing Services: Start Menu > Control Panel > Administrative Tools > Service OR Start Menu > Run... > "services.msc" > Enter