

# How is user authentication carried out in Fracttal One?

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[help2.fracttal.com/hc/en-us/articles/24987131296525-How-is-user-authentication-carried-out-in-Fracttal-One](https://help2.fracttal.com/hc/en-us/articles/24987131296525-How-is-user-authentication-carried-out-in-Fracttal-One)

Authentication in Fracttal One entails the use of the username (e-mail) and password. Additionally, if the e-mail is from a Google or Microsoft account, it can be authenticated through Single Sign On technology (SSO authentication method that enables the user to sign in to multiple systems using a single set of login credentials).

[Autenticación SSO](#)