Messaging Limits

There are some limitations to email messages in Office 365 which are listed below.

- Message size limit - 25 MB
- Recipient limit - 400 recipients in the To, CC and BCC lines
- Message rate limit - 30 messages per minute
- Recipient rate limit - 10,000 messages per 24 hour period.
- Deleted items retention period - 30 days
- Junk email folder retention period - 30 days