

Have you ever found a great reel on Instagram and wanted to use the audio for a podcast, background music, or other content? If you're not familiar with editing tools, you might wonder how to extract audio from a video on your iPhone. Don't worry—it's easier than you think! In this post, I'll show you two simple ways to get audio from a video on your iPhone. Let's dive in!

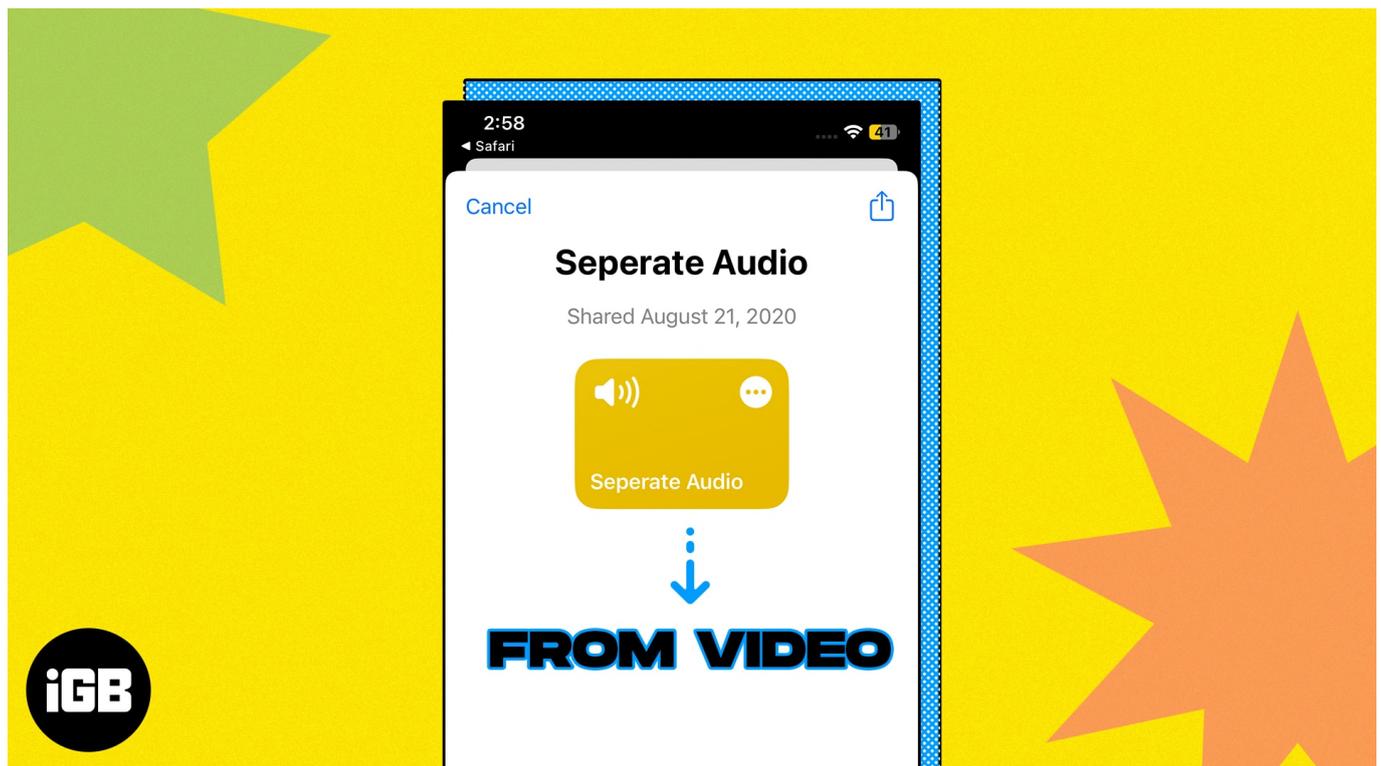


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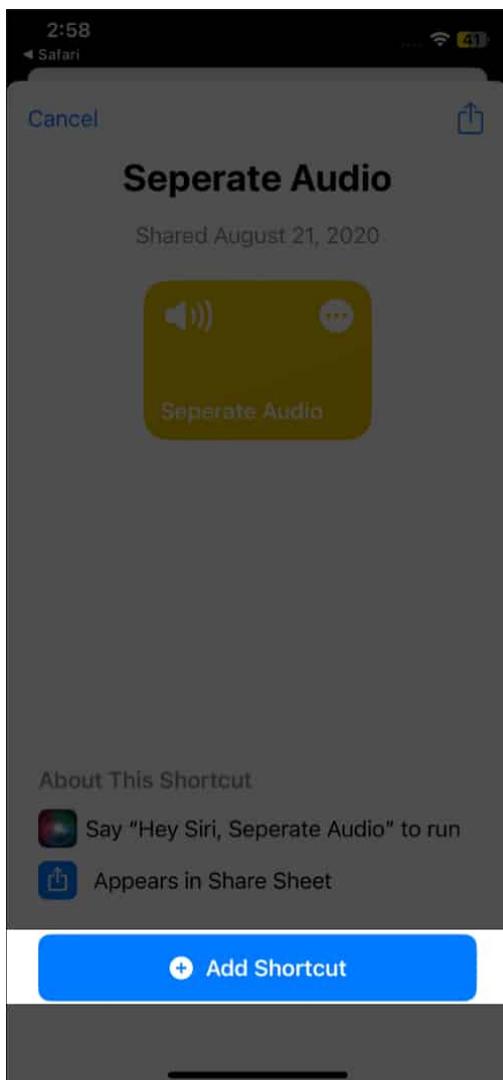
## How to extract audio from a video file on your iPhone or iPad

Look at the two simplest ways to extract audio: using an iOS shortcut or a third-party app. I'll guide you through both methods.

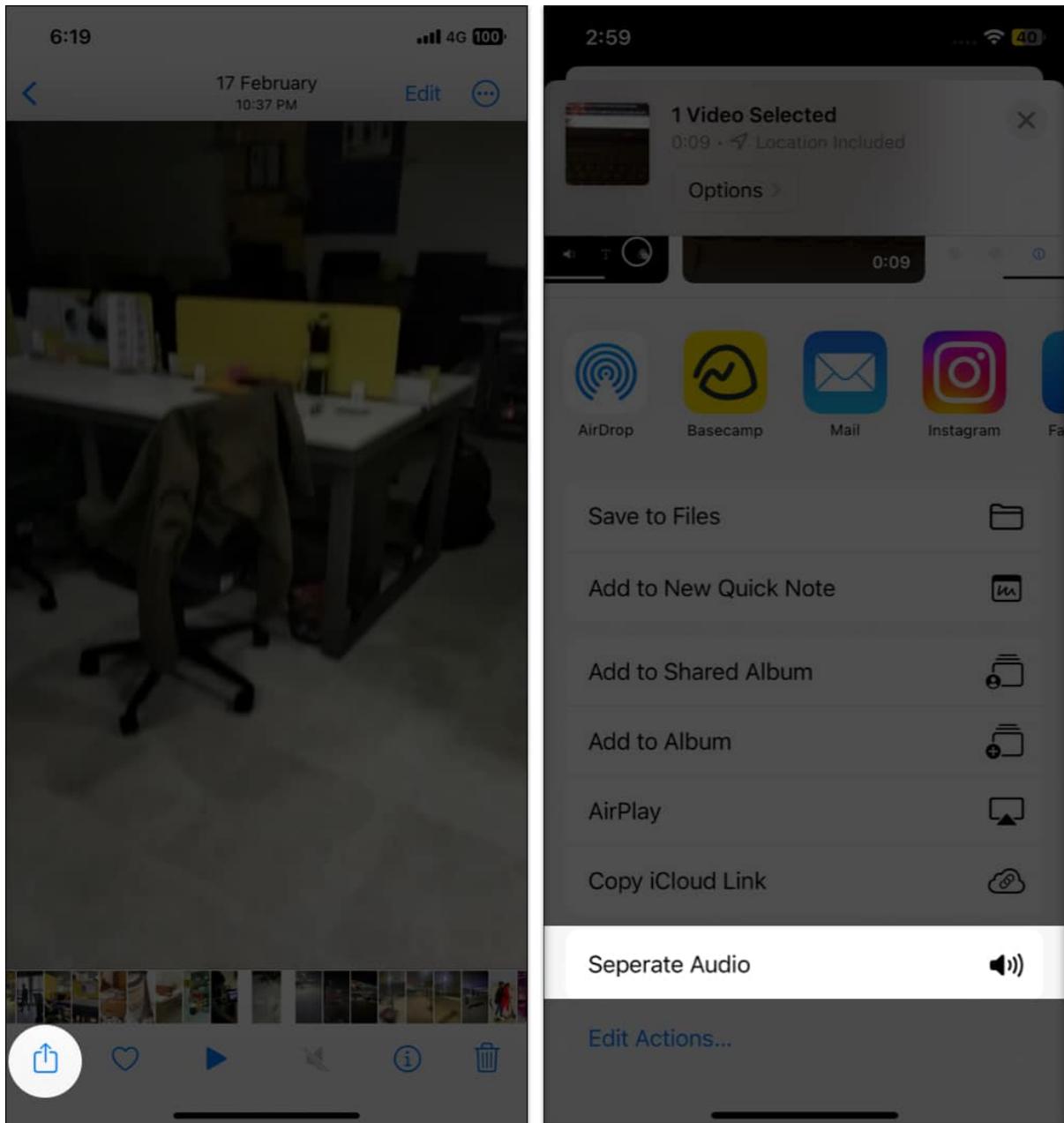
## 1. Using an iOS shortcut

The best way to extract audio from video on iPhone is [Shortcuts](#). Creating a shortcut to convert video to audio may feel daunting, so I suggest installing this [audio-extracting shortcut](#).

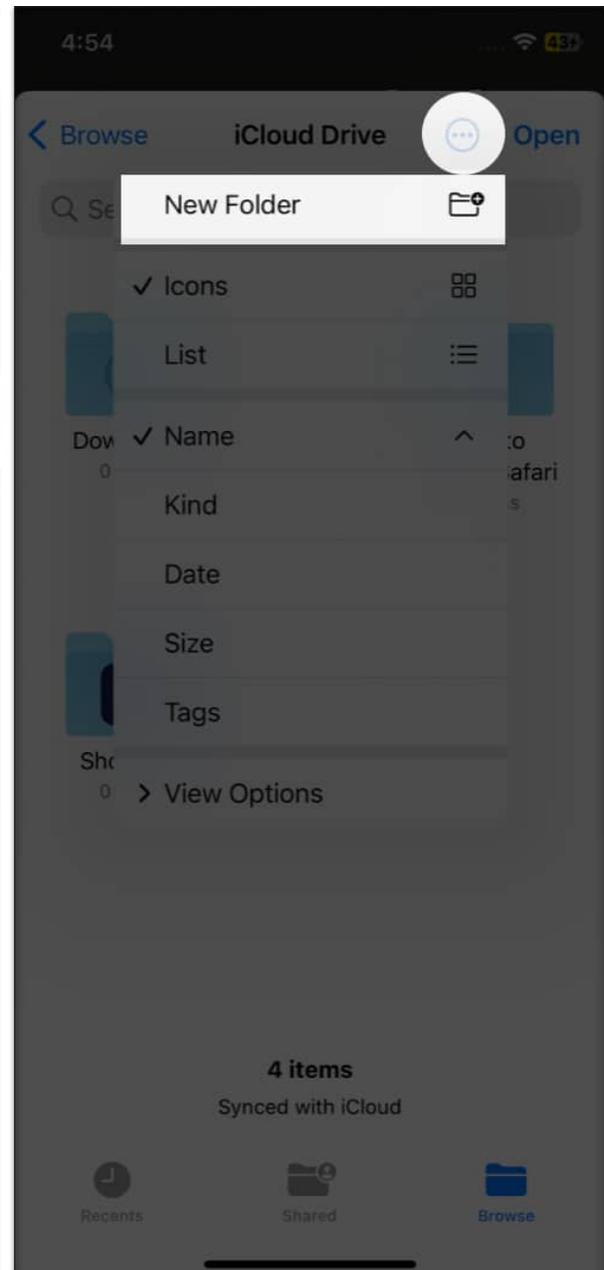
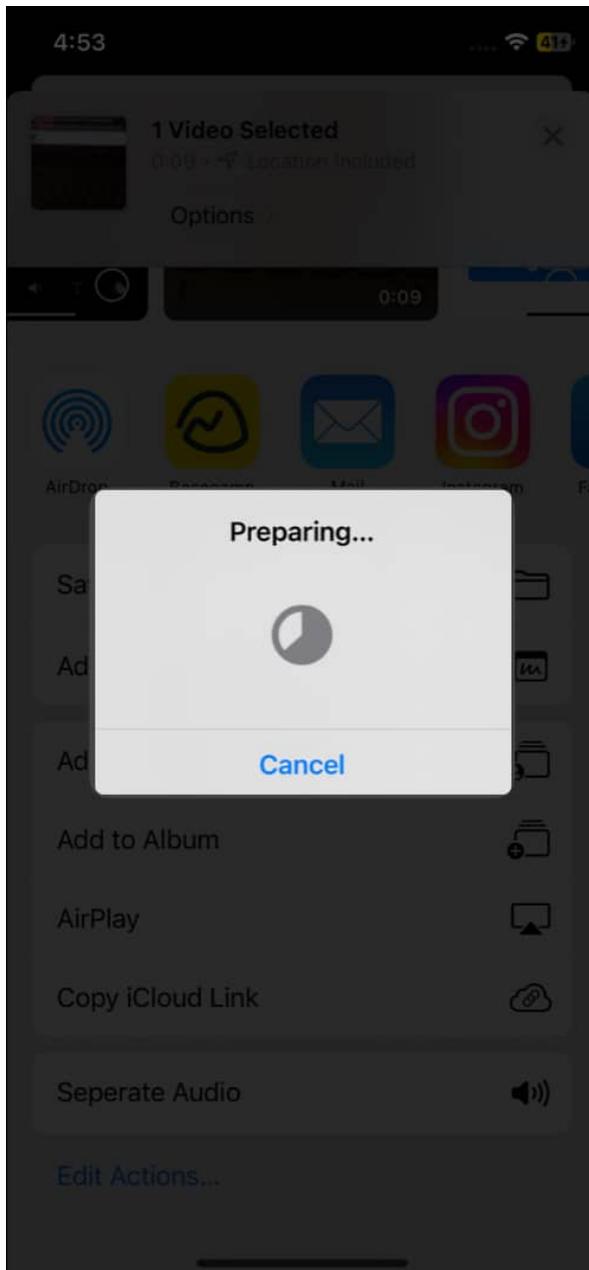
1. Tapping the **above link** will redirect you to the **Shortcuts** app.
2. Select **(+) Add Shortcut**.



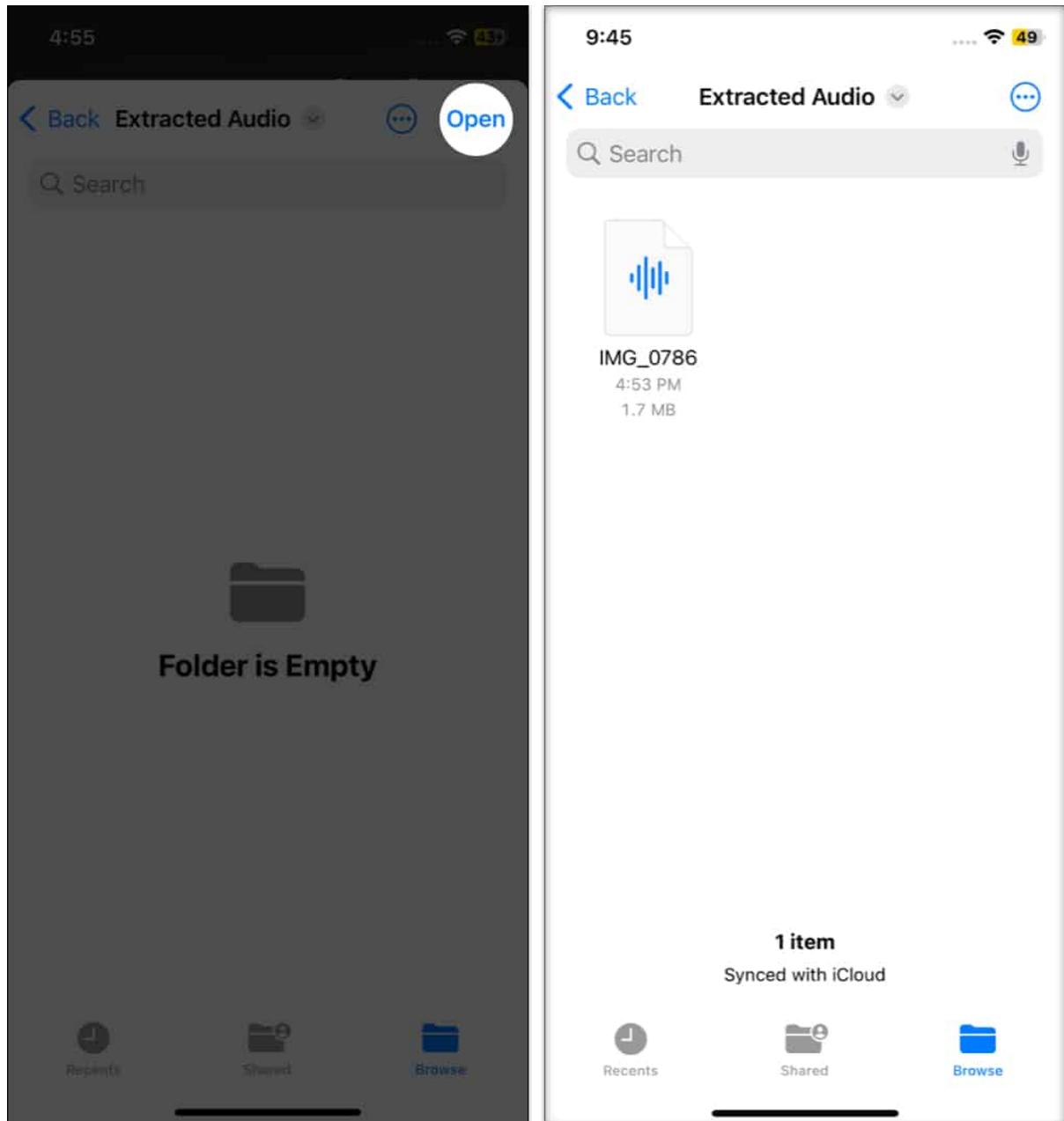
3. Now go to the **Photos** app → choose the **video** you want to extract the audio from.
4. Tap the **Share** button.
5. Pull up the Share Sheet and select **Separate Audio**.  
*It will take some time to extract audio.*



6. Go to the **Browse** tab → select the **three-dot** icon at the top.
7. Tap **New Folder** to create a folder in iCloud drive.



8. Go inside the new folder and tap **Open**.  
*The audio file will be saved in the folder.*
9. To access the audio clip, open the **Files** app and then go to the folder you created.



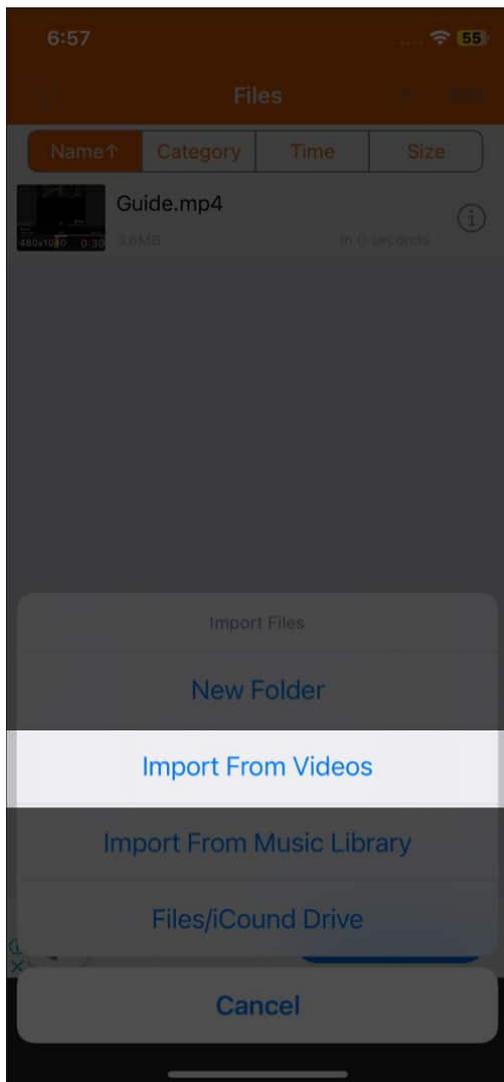
Now, you can rename and share the extracted audio clip. You can also access the Shortcut using Siri's voice commands.

## 2. Using the Audio Converter app

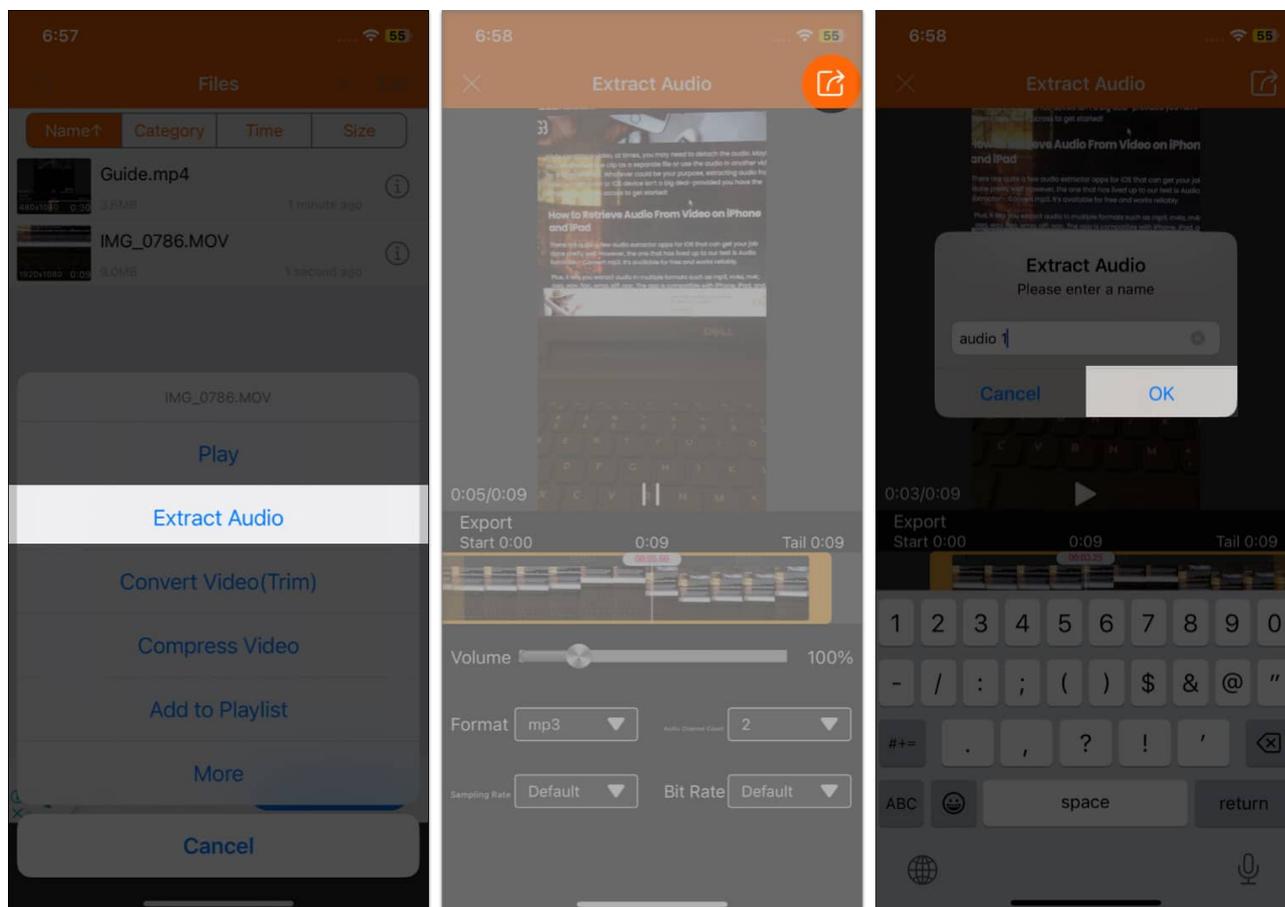
There are lots of video-to-audio converter apps available on the App Store. You can also use the Documents app to extract the sound clip from the video file.

I am using the simplest option, the [Audio Converter app](#).

1. Download the **app** from the App Store.
2. Open the app → tap the **plus icon**.
3. Select **Import from Videos**. It will ask for permission.



4. Now choose the video you want → tap **Done**.
5. Get back to the homepage and tap the **video**.
6. Select **Extract Audio**.
7. It will open an editing interface. Tap the **export icon** at the top right.
8. Rename the audio file → tap **OK**.



9. Now, you can send the audio or upload it to iCloud by tapping the **info icon**.

Remember that third-party apps may have privacy infringements. So, be careful before using any personal videos.

## Extract audio seamlessly!

I hope this guide has helped you extract audio from video file on your iPhone. So whether you're a content creator or want to extract the audio from your personal videos, you can do this in just a few simple steps. Then, you may upload the audio file to iCloud and [edit the audio on your Mac](#).

## Also Read:

- [How to use Live Text in a video on an iPhone](#)
- [How to convert slow-motion video to normal on an iPhone](#)
- [How to record video while playing music on your iPhone](#)