



FlowLabel

User Guide

Spend less time editing, more time creating.

Automatic silence, filler-word and keyword detection for Audacity

Version 1.0 • FlowLabel Audio

Welcome to FlowLabel

FlowLabel listens to your audio and automatically marks every long pause and verbal stumble — the “um,” “uh,” “like,” and “you know” — placing labels directly on an Audacity label track. It can also flag specific **keywords** you choose, so you can jump straight to mentions of a sponsor, a topic, or a guest’s name.

Instead of scrubbing through a two-hour recording hunting for dead air, filler and key moments, you get a ready-made map of everything worth trimming or revisiting — cleanup that used to take hours takes minutes.

Private by design. All analysis runs locally on your machine. Your audio never leaves your computer and nothing is uploaded to the cloud.

Installation

FlowLabel is available as an **Audio Unit (AU)** and **VST3** plugin, and runs natively on both Apple Silicon and Intel Macs, as well as Windows.

If you installed FlowLabel through Muse Hub, the plugin is placed in the correct folder automatically — no manual steps needed. To install manually on macOS:

- **AU:** copy `FlowLabel.component` to
 `~/Library/Audio/Plug-Ins/Components/`
- **VST3:** copy `FlowLabel.vst3` to
 `~/Library/Audio/Plug-Ins/VST3/`

Then fully quit and reopen your host (Audacity) so it re-scans plugins.

Quick start in Audacity

1. Import or record your audio in Audacity.
2. Open **Effect** → **Add / Manage Plug-ins...**, make sure **FlowLabel** is enabled, then click **OK**.
3. Select your audio, then choose **FlowLabel** from the Effect menu.
4. Pick a preset (or adjust the controls), then click **Apply**.
5. FlowLabel analyses the audio and writes a label track marking every detected silence, filler word and keyword.

The interface



Silence Detection

Finds pauses and dead air.

- **Threshold (dB)** — the loudness below which audio counts as silence. Lower (e.g. -60 dB) is stricter; higher catches quieter pauses.
- **Min Duration (ms)** — how long a pause must last before it is labelled, so natural short gaps are ignored.

Filler Detection

Uses on-device speech AI to catch disfluencies like “um,” “uh,” “like” and “you know.”

- **Sensitivity (%)** — the confidence cutoff. Higher catches more (including borderline words); lower is stricter. At 100% every detected word is considered.
- **Detection Engine** — choose **Accurate** for the best quality, or **Fast** for quicker analysis on longer files.

Keyword Markers

Supply your own list of **Target Keywords** to find and label automatically. Type a word and press space to add it; click the small $\times$ on a chip to remove it. Great for sponsors, topics, names or anything you want to locate later.

Presets

Use the arrows to cycle through the built-in presets (they wrap around), or open the dropdown to pick one. You can also save your own settings as a preset with the save icon, and delete user presets with the bin icon.

Preset	What it does	Engines
Default	Balanced silence + filler cleanup	Silence, Filler
Tight Edit	Aggressive, catches shorter pauses	Silence, Filler
Gentle Edit	Lighter touch, longer pauses only	Silence, Filler
Silence Only	Just silences (−60 dB, 250 ms)	Silence
Fillers Only	Just filler words, full sensitivity	Filler
Keywords Only	Just your keyword list	Keywords

Advanced Path Options

Expand this section to choose where the label file is written. By default, FlowLabel writes an Audacity-compatible label file you import in the next step.

Importing the labels into Audacity

After you apply FlowLabel, it writes a label file describing every detected silence, filler word and keyword. Bring those into Audacity as a label track in one of two ways.

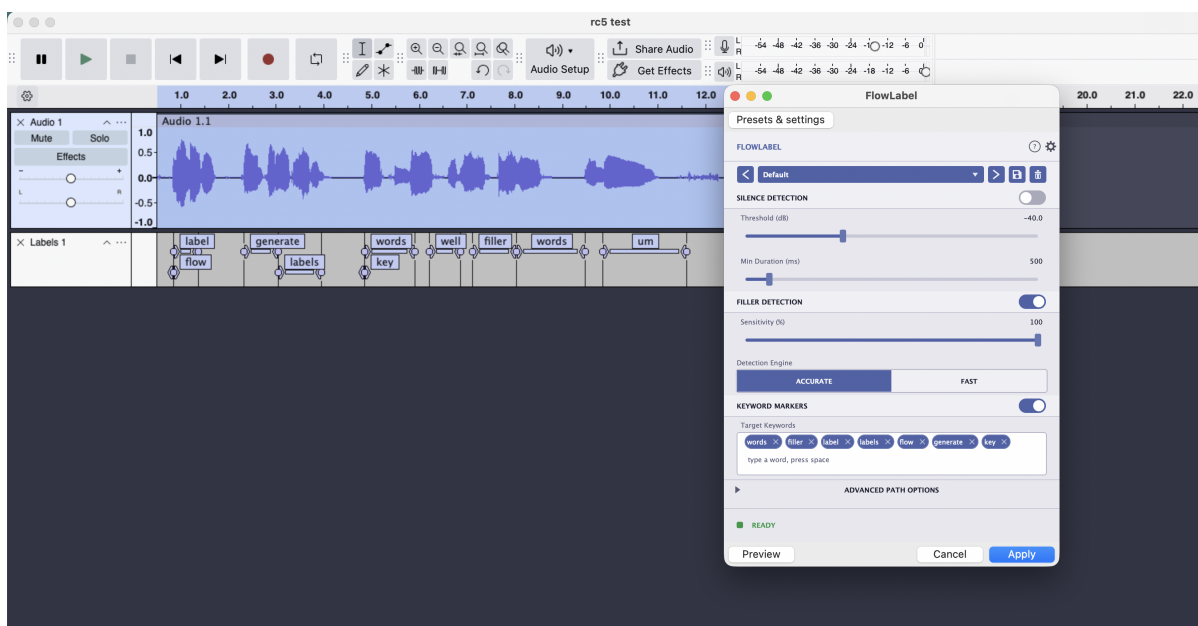
Option 1 — the included Nyquist script (recommended)

FlowLabel ships with a small companion script, `import-assistant-labels.ny`.

1. Copy `import-assistant-labels.ny` into Audacity's Plug-Ins folder (macOS: `~/Library/Application Support/audacity/Plug-Ins/`).
2. In Audacity, enable it under **Effect** → **Add / Manage Plug-ins...** — it is listed as *Import Assistant Labels*.
3. After running FlowLabel on your track, choose **Analyze** → **Import Assistant Labels**. A label track appears automatically with all detected regions.

Option 2 — import the label file manually

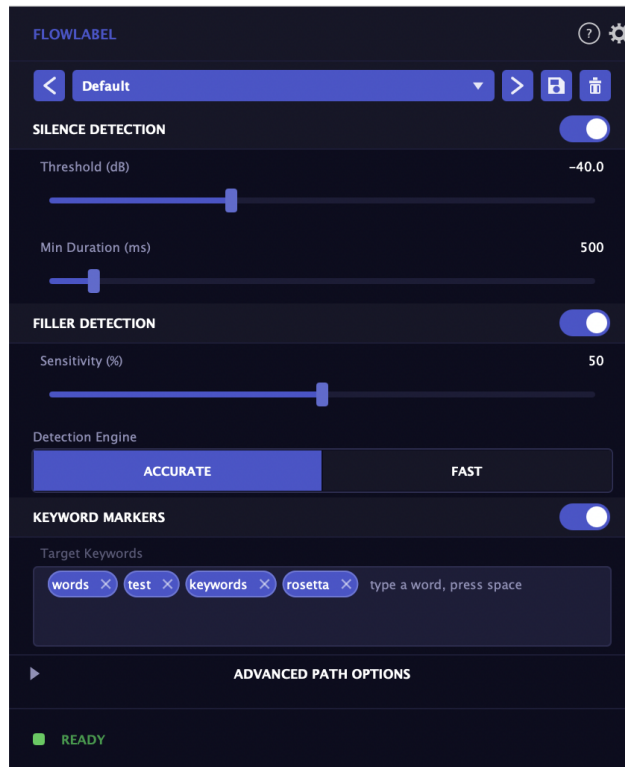
You can also import the label file directly: **File** → **Import** → **Labels...** and select the label file FlowLabel wrote.



Either way, the labels appear beneath your audio — click any label to jump to it. Nothing is deleted automatically; FlowLabel only marks, so you stay in control of every cut.

Light and dark themes

FlowLabel adapts to a light or dark interface using the theme toggle. All controls remain fully readable in either mode.



Tips & troubleshooting

- **Plugin doesn't appear in Audacity?** Quit and reopen Audacity, then check **Effect → Add / Manage Plug-ins...** and make sure FlowLabel is *enabled*.
- **Missing some filler words?** Raise **Sensitivity**, or switch the Detection Engine to **Accurate**. Very short or heavily accented words are the hardest for the AI to catch.
- **Analysis feels slow on long files?** Use the **Fast** engine for a first pass.
- **Want a repeatable setup?** Save it as a preset — your settings (including keywords) are stored and restored.

Need help? Visit flowlabel.uk