EDIT LAB TOOLS

CaptionLab

Windows Install Guide — get auto subtitles working in Premiere Pro

VERSION 1.1.0

CaptionLab installs with a small installer script — no admin rights needed, nothing to configure by hand.

What you need

- Windows 10 or 11 (64-bit)
- Adobe Premiere Pro 2022 or later.
- ~3.5 GB free disk space for first-time setup (CPU-only) — **~5.5 GB** if you have an NVIDIA GPU (adds CUDA runtime libraries for faster transcription)
- More disk space only if you choose to download additional AI models later from the **Models** tab (see below) — each one is optional, from 480 MB to 3.1 GB
- Internet connection for one-time setup and model downloads only (transcription itself is fully offline)

Install in 4 steps

⚠️ **Installed CaptionLab before? (upgraders only)**
If you've ever installed any version of CaptionLab on this PC — especially via a different tool (a ZXP installer, or a manual copy) — first double-click `Uninstall CaptionLab.bat` (included in the zip) and let it finish. It removes every old copy so they don't conflict with the new one. **Brand-new users can skip this** — go straight to step 1.

1 **Unzip** the file you downloaded — extract everything to a folder first. Don't run anything from inside the zip viewer.

2 **Quit Premiere Pro** completely if it's running.

3 Double-click **Install CaptionLab.bat** in the extracted folder. It installs the extension, enables Premiere's extension support, and cleans up any old install automatically — no Terminal, no typing.

4 **Open Premiere Pro.** Go to `Window → Extensions → CaptionLab`. The panel asks for an email first — see **Start your free trial** below. Installing the AI engine comes after that.

CaptionLab downloads Python, ffmpeg and the Whisper AI model itself, entirely inside the extension — 15–30 minutes on a typical connection. With an NVIDIA GPU it also installs the CUDA runtime needed to use it.

GPU vs CPU speed

Transcription runs faster with an NVIDIA GPU. Below is an approximate real-time factor (how many minutes of audio get transcribed per minute of processing) — **estimated**, based on one measured card, not benchmarked on every model listed. Faster models (see "Choosing a model" below) speed this up further on any hardware.

Hardware	Approx. speed
No GPU (CPU only)	~0.5–1x realtime
GTX 1660 Super (no tensor cores)	~2–2.5x
RTX 2060 / 3050	~3.5–4x
RTX 2070 Super *(measured)*	**~4.7–4.9x**
RTX 3060	~4–4.5x
RTX 3060 Ti / 3070	~6–7x
RTX 3080	~9–10x
RTX 3090 / 4070	~10–11x
RTX 4080	~13–14x
RTX 4090	~18–20x

Laptop GPUs typically run at ~70–80% of the desktop figure above due to power/thermal limits. Without a compatible GPU, or if the CUDA libraries aren't available, CaptionLab automatically falls back to CPU — it

always works, just slower.

> ⚠️ **Antivirus can quietly remove CaptionLab's files**
> CaptionLab is a new product, so scanners flag it until it builds a reputation — Bitdefender, Avast and Norton are the usual ones. Nothing is wrong with the files, but the antivirus may delete some of them during install. The symptom is distinctive: the installer reports *"Installation incomplete"*, or the panel appears in the Extensions menu but opens blank and does nothing.
>
> If that happens, open your antivirus, look in **Quarantine** or **Protection History**, restore anything named CaptionLab, then add exclusions for these two folders and run the installer again:
>
> - `%APPDATA%\Adobe\CEP\extensions\com.captionlab.panel`
> - `%APPDATA%\CaptionLab`

Start your free trial

You don't have to buy CaptionLab to use it. A **free 3-day trial** unlocks the complete plugin — every model, every language, real subtitles in your timeline. No card, no account.

1. Open **CaptionLab** in Premiere Pro and enter your **email address**.
2. Check your inbox — a **trial key** arrives within a minute (look in spam if it doesn't).
3. Paste the key into the panel and click **Start my free trial**.
4. Click **Install AI Engine**. This downloads the transcription engine and a ~3 GB AI model — by far the longest step, so start it and go do something else.
5. When it finishes, select a clip and click **Generate Subtitles**. **This is the moment your 3 days start** — everything before it is free.

> 💡 **Your 3 days start at your first transcription**
> Not at download, and not when you enter the key. Installing the engine and downloading an AI model can take an evening — none of that comes out of your trial. Take your time.

> 💡 **Test your own language first**
> Accuracy varies a lot between languages. If you work in one Adobe doesn't support, run a short clip of your own footage through it before deciding — that is exactly what the trial is for.

Activate your license

After purchasing CaptionLab, you'll receive an email with your **Order ID** (starts with `txn_`).

1. Open **CaptionLab** in Premiere Pro — you'll see the activation screen.
2. Enter the **email address** you used to purchase.
3. Enter your **Order ID** (`txn_01...` from your receipt email).
4. Click **Activate**. That's it — CaptionLab is unlocked forever.

> 💡 **Works offline**
> After activation, CaptionLab works offline for 14 days before needing a quick online re-check. No subscription, no recurring fees.

What's new in v1.1.0

The biggest update since launch: CaptionLab now puts **animated, styled captions** on your timeline, and everything about them stays editable right inside Premiere Pro.

- **Animated captions.** 12 animation styles (Bold Highlight, One Word Pop, Karaoke Fill, Pill Highlight, Word Reveal, Typewriter, Underline, Rise Up, Blur In, Drop In, Jump, Static) and 15 ready looks. Any font installed on your computer, colours, outline, shadow, a box behind the text, position and size.
- **Changes apply as you make them.** Once the captions are on the timeline, every change of look, text or font updates the clips there. No re-rendering, no re-importing.
- **A new Captions tab in three steps**: ① Check the text, ② Lines & caps, ③ Look — with one big *Add to timeline* button at the top.

- **Fix the text before it goes out.** Click a caption to jump there, double-click to fix a word, Find → Replace with a preview of every match, saved rules for names and brands, and one click to remove fillers (um, uh…).
- **Ctrl+Z undoes a whole CaptionLab step**, in the panel or in Premiere's own History, and Shift+Ctrl+Z brings it back.
- **Timeline tools:** Split, Join, Retime and Close gaps for the caption clips (keys S, J, R, G while the panel is active).
- **See it on your video.** The preview can show the caption on the frame under the playhead, in your sequence's own shape — 16:9 or 9:16.
- **CC caption track and SRT from the same captions**, with the same lines, caps and punctuation. Save SRT also writes a small .captionlab.json, so the word timing comes back when you open the file again.
- **Recent** files next to Project and Load…, and the Captions tab in 14 more languages.
- **More in the settings menu:** Getting started, Keyboard shortcuts, Check for updates, Licence, Storage, Reset Captions settings and Contact support.
- **Transcribe only part of a sequence:** the new *In / Out* source transcribes only what lies between the In (I) and Out (O) marks.
- **Steadier installs:** the AI packages are installed at fixed, tested versions, so a new release somewhere upstream cannot break a fresh install. *Repair engine* now only downloads what is missing.

The Captions tab, step by step

1. **Transcribe** a clip or a sequence on the Transcribe tab, as before. The captions open in the Captions tab by themselves. You can also open an .srt with *Project* (the file selected in the Project panel), *Load…*, *Recent*, or by dropping it on the panel.
2. ▶ **Add to timeline** puts the captions on a new video track straight away, with the look shown next to it. Everything below can be done before or after.
3. ① **Check the text** — the list of captions. Click one to jump there; double-click to fix it (Enter saves, Esc cancels). Find → Replace shows every match before you press the button; ☆ *Remember this rule* keeps it for your next videos.
4. ② **Lines & caps** — how many lines, how many characters per line, the longest and shortest caption, All caps, No punctuation. Used for the timeline, the CC track and SRT alike.
5. ③ **Look** — pick a ready look, or change the animation, font, colours and position. ▣ *On video* shows the preview on your own frame. *+ Save current* keeps the look under *My looks*.
6. **On the timeline** the bottom of the panel turns green. *Apply to* chooses which captions change (this track, the selected clips, or all). Below it: Split, Join, Retime, Close gaps, and *+*

Animated track, *CC track*, *SRT*… for more versions.

Edited a caption in Premiere? The panel reads the clips back before every change, so your hand edits are kept. The ↻ button next to *On timeline* reads them right away.

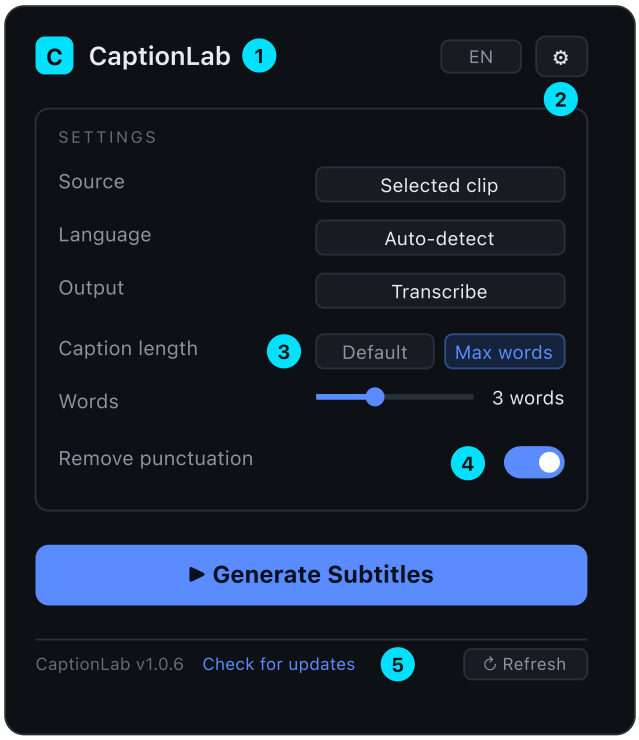
What's new in v1.0.6

If you used an earlier version, these are the changes you'll notice most:

- **Remove punctuation.** A new switch in the settings strips full stops and commas from the finished captions — the usual look for short-form video. Timing and line breaks are unaffected, so nothing moves on the timeline. It works in every language, including the ones with punctuation marks of their own.
- **Your GPU is actually used now.** The graphics libraries are verified by loading them, so a half-installed CUDA can no longer report success and quietly fall back to the processor. That was the usual cause of "it works, but slowly".
- **The model gives memory back between jobs** instead of holding several gigabytes, leaving your card free for playback and previews. And only one engine ever runs: a second copy could stay loaded after reopening the panel or switching Windows users, and two models on one card is what turned a long transcription into a crawl.
- **Settings menu.** Everything that used to sit in different corners is now under the gear — repair the engine, open the install log, what's new, request a feature, leave a review, help. See the diagrams below.
- **Repair engine.** Re-checks every part of the AI engine and downloads only what is missing or damaged. This is the fix if transcription is unexpectedly slow on a machine with an NVIDIA card. Your models are not re-downloaded.
- **"Max words" is now a strict limit.** A caption could come out one word over the number you set — including when the model returned something like "39 dollars" as a single word. It no longer can.
- **Education licences.** There is now a separate version for universities, schools and studios: one key for an agreed number of computers, and nobody using them has to enter anything. Write to editlabtools@gmail.com for a quote.

The panel, button by button

The Transcribe tab, with every control named. The numbers on the drawings match the lists underneath.



1. **The logo is a button.** Clicking it returns you to the main screen from anywhere in the panel — What's new, the engine screen, a finished job.
2. **The gear** holds everything that used to be scattered. Opened below.
3. **Caption length.** *Default* groups captions by sentences and pauses. *Max words* caps them at the number you set on the slider.
4. **Remove punctuation.** Full stops and commas are dropped from the finished captions. The switch changes the text only — every in and out point stays where it was, so nothing shifts on the timeline.
5. **Check for updates.** Checks once, when you click it. The panel never phones home on its own.

The settings menu

1. **Repair engine** — re-checks every part of the AI engine and downloads only what is missing or damaged. Your models are kept.
2. **Open install log** — the full setup log, the first thing to send if you write for support.
3. **Storage and models folder** — how much space the models take, and a link to the CaptionLab folder.
4. **Getting started** — the three steps of the Captions tab, in short.
5. **Keyboard shortcuts** — every key the panel knows.
6. **What's new** — this release and every one before it.
7. **Check for updates** — checks once, when you click it.
8. **Licence** — the email and order your licence is on, and how to move it to a new computer.
9. **Reset Captions settings** — the look and the lines back to how they came. Your captions, saved rules and My looks are kept.
10. **Contact support** — an email with your version, Premiere and system already filled in.

11. **Suggest a feature**, **Leave a review**, **Help & troubleshooting**.

> **If something is wrong with the engine, start with Repair.** It is the fix for a machine with an NVIDIA card that transcribes unexpectedly slowly, for a setup that stopped halfway, and for a panel that says the engine is missing when it is not. It keeps your models.

What's new in v1.0.5

If you used an earlier version, these are the changes you'll notice most:

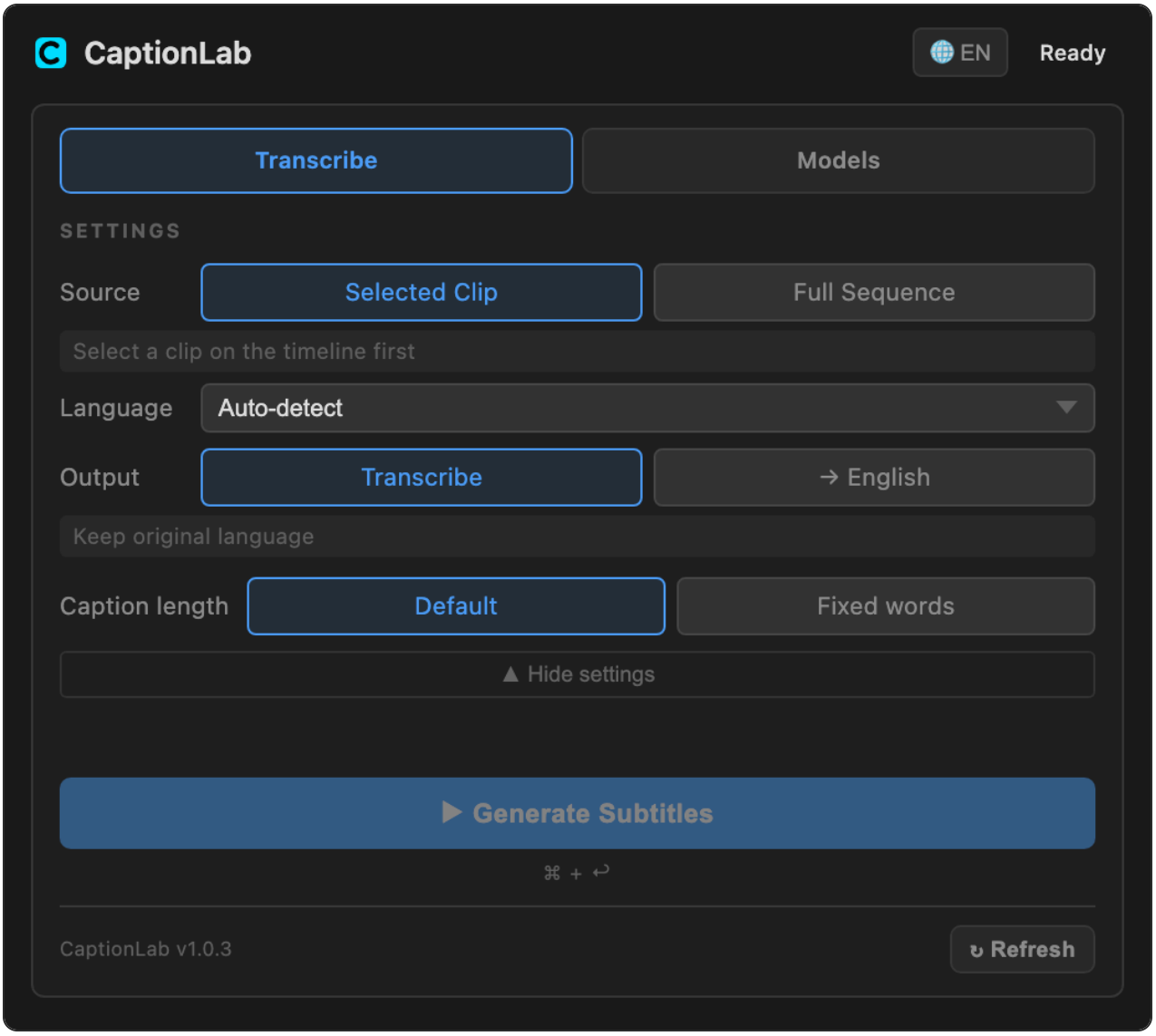
- **A free 3-day trial.** The complete plugin, before you pay anything — and the three days start at your first transcription, not at download.
- **A model built for Burmese.** Burmese is one of the languages the standard models handle badly: on real footage they produced the wrong script entirely, or repeated the same syllable for minutes. A Burmese-specific model is now in the **Models** tab and produces real, readable Burmese on the same clips.
- **Installs that repair themselves.** A half-finished download used to be trusted forever — every retry saw the file was "there" and skipped it, so the same broken install came back however many times you clicked. Each piece is now checked to see it actually runs, and re-fetched if not. Stalled downloads time out and retry instead of hanging.

What's new in v1.0.4

If you used an earlier version, these are the changes you'll notice most:

- **Caption timing is measured against the audio.** Caption starts are now checked against the sound itself rather than taken from the model, so a caption no longer appears while the speaker is still silent. This matters most after long pauses, over B-roll with room tone, and after music.
- **Quiet speech is no longer skipped.** Audio recorded well below the level of the rest of a video — a location interview cut against a loud studio voice, for example — used to be dropped silently. It is now levelled before transcription.
- **Captions follow sentence structure.** A caption is never split across a sentence boundary, breaks at commas and clause boundaries, and short binding words are never left stranded on their own.
- **"Fixed words" is now "Max words"** — see below.

How to use — Transcribe tab

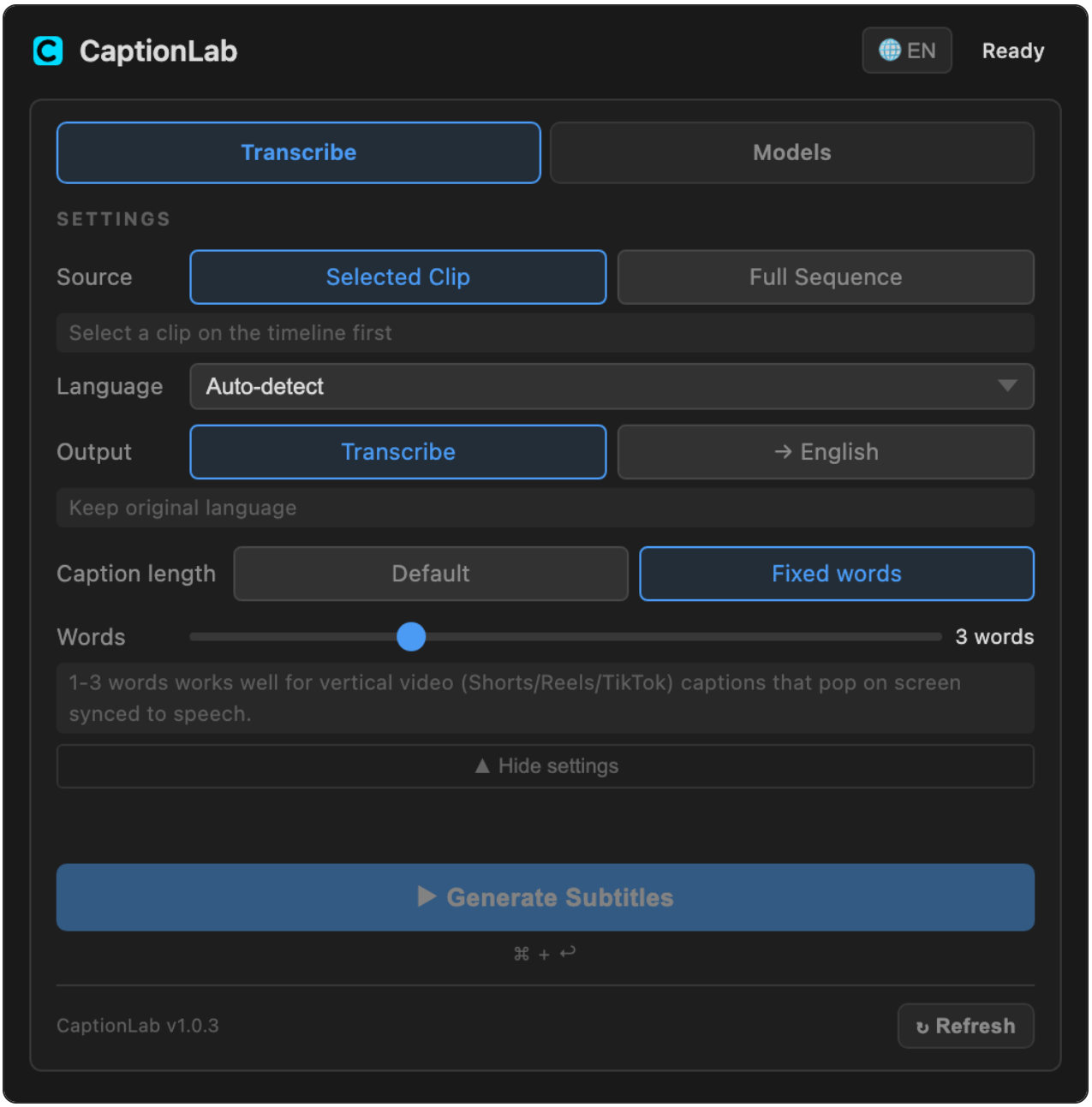


The Transcribe tab — this is the default screen every time you open the panel

1. Open `Window → Extensions → CaptionLab`
2. **Source** — select a clip on your timeline and choose **Selected Clip**, or pick **Full Sequence** to caption the whole timeline at once (multicam sequences and Merged/Synchronized clips are supported)
3. **Language** — leave on **Auto-detect**, or pick the spoken language from the dropdown (99 languages supported)
4. **Output** — choose **Transcribe** to keep the original language, or **→ English** to translate to English
5. **Caption length** — see the "Max words" section below for the short-form video option

6. Click **Generate Subtitles**
7. Drag the resulting `.srt` file from the Project Panel to your timeline

New in v1.0.4 — Caption length: "Max words"



Caption length set to "Max words" — the Words slider appears, here set to 3 words per caption

By default, CaptionLab groups words into captions the same way a human editor would — by sentence structure, punctuation and pauses. That's right for regular horizontal video, but for **vertical short-form video** (Shorts, Reels, TikTok-style edits) you usually want short bursts of 1–3 words popping on screen in sync with speech instead.

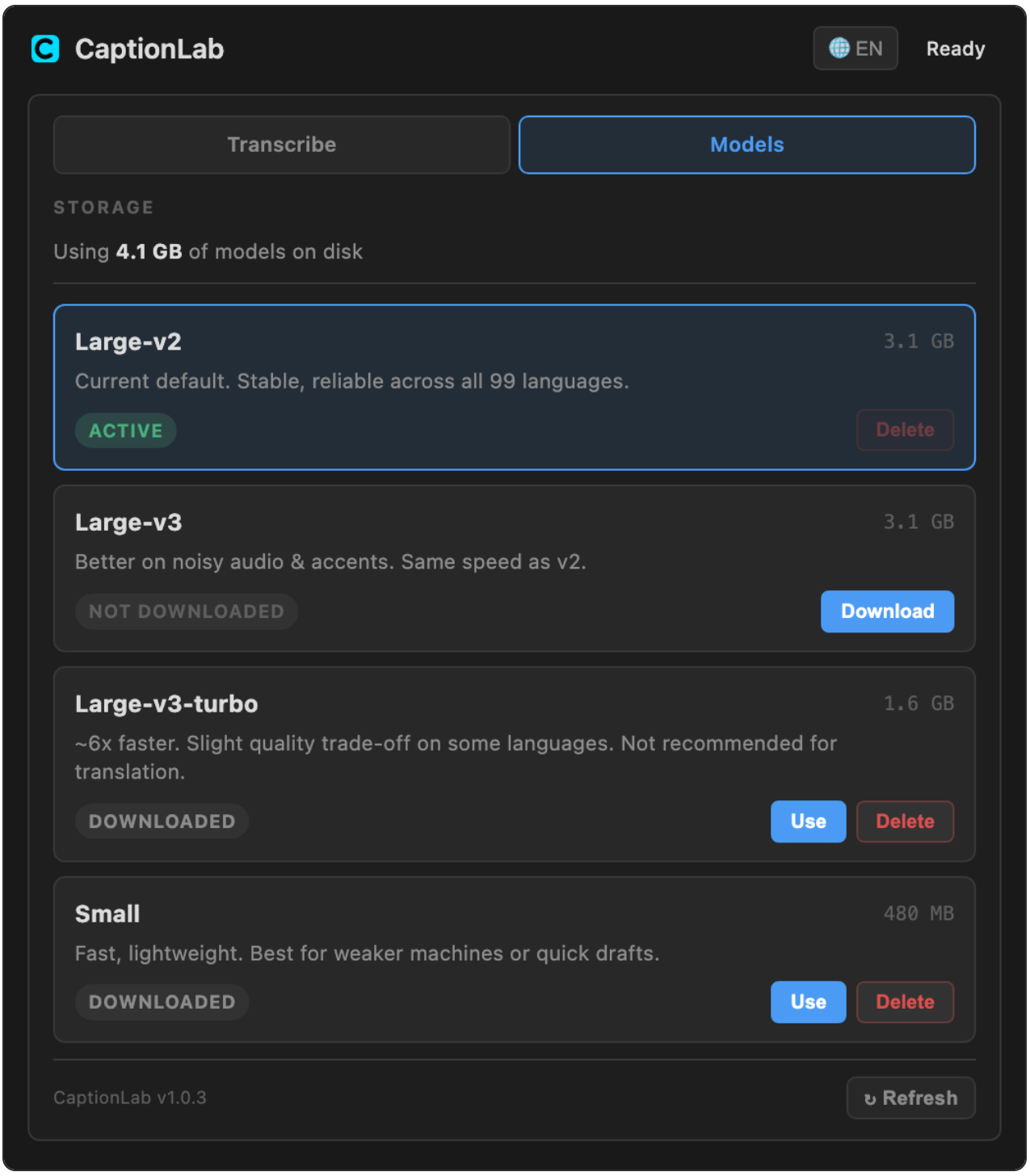
To use it:

1. Under **Caption length**, click **Max words** instead of Default
2. A **Words** slider appears — drag it to choose the maximum number of words per caption, from **1 to 8**
3. Generate subtitles as usual

> **It's a ceiling, not a quota.** This setting was called "Fixed words" before v1.0.4, which was misleading. If you set 4, a caption will still be 3, 2 or even 1 word whenever that's where the line logically ends — a caption is never split across a sentence boundary, and it breaks at commas and clause boundaries too. Short binding words ("not", "the", "in" and their equivalents in other languages) are never left stranded alone on screen.

1–3 words works best for the fast-paced, word-by-word caption style common on Shorts/Reels/TikTok. Higher values behave closer to a short readable phrase per caption.

Choosing a model



The model list — Large-v2 is active here, Large-v3-turbo and Small are downloaded but not in use, Large-v3 is available to download

CaptionLab lets you choose which Whisper AI model does the transcribing, right from the panel — no reinstalling, no Terminal. On the **Transcribe** tab, click the **Model** ▾ button under the language picker: it shows the active model and opens the list of models. *(Before v1.1.0 this list was a separate Models tab at the top of the panel.)*

Model	Size	Best for

Large-v2 *(default)*	**3.1 GB**	**Stable, reliable across all 99 languages — the safest general-purpose choice**
Large-v3	3.1 GB	Better on noisy audio and accents, same speed as v2 — try this if v2 struggles with a particular recording
Large-v3-turbo	1.6 GB	~6x faster than the others — great when you need speed and are transcribing (not translating). Slight quality trade-off on some languages, and not recommended for the "→ English" translate mode
Small	480 MB	Fastest and lightest — best for weaker/older machines or quick rough drafts
Myanmar (Burmese)	2.9 GB	Fine-tuned specifically for Burmese. Use this instead of Large-v3 if you work in Burmese — the general models struggle badly with it

What each button does:

- **Download** — downloads that model to your PC. You'll see a live progress bar. This only needs to happen once per model.
- **Use** — switches CaptionLab to transcribe with that model from now on. Only appears once a model is downloaded.
- **Delete** — removes a downloaded model from disk to free up space. You can always download it again later. (The currently active model can't be deleted — switch to another one first.)

The **ACTIVE** badge shows which model is currently being used to transcribe. "Using X GB of models on disk" at the top of the tab shows your total storage used by downloaded models.

Troubleshooting

CaptionLab doesn't appear in Window → Extensions

Fully quit and reopen Premiere Pro, not just close the window.

The AI engine setup seems frozen

The model download is the longest step (a few GB) — progress is shown in the panel. Don't quit Premiere during setup. If it genuinely hangs with no progress for several minutes, quit Premiere, run `Uninstall CaptionLab.bat`, then reinstall.

"Premiere's scripting engine isn't responding" when clicking Generate

A known Premiere Pro quirk: some workspace layouts don't fully hand scripting access to panels. Try switching to `Window → Workspaces → Editing` and click **Refresh** in the panel, then try again.

If that doesn't help, try a different workspace layout. Still stuck? Quit Premiere Pro completely and reopen it.

A model download failed or got stuck

Click **Retry** on that model's card in the model list (Model ▾ on the Transcribe tab) — CaptionLab resumes from whichever files are still missing rather than starting over. If it keeps failing, check your internet connection and try again; some corporate/antivirus networks briefly interfere with large downloads.

> ⚠️ **Reinstalling an update?**
> Always fully quit Premiere Pro *before* reinstalling, not just close the panel. Installing new files while Premiere is still open leaves it unable to run CaptionLab's scripts until Premiere is restarted.

Uninstall

Double-click **Uninstall CaptionLab.bat** (included in the zip). It removes the extension, the background engine, and the downloaded Python/model files.

Support

Email: editlabtools@gmail.com
Website: captionlab.pro

When reporting an issue, please include: Windows version, Premiere Pro version, GPU model (if any), and a screenshot.
