

BNF for the "From Header"

Below is the complete, authoritative BNF for the "From Header" from RFC 5322.

from	=	From: mailbox-list CRLF
mailbox-list	=	mailbox (COMMA mailbox)*
mailbox	=	((name-addr) (addr-spec))
name-addr	=	(display-name)? angle-addr
**** DISPLAY NAME ****		
display-name	=	phrase
phrase	=	word+
word	=	(atom quoted-string)
atom	=	(CFWS)? atext+ (CFWS)?
atext	=	([ALPHA] [DIGIT] ! # \$ & % & ' \ * \+ \- / = \? \^ _ ` \{ \ \} \~)
ALPHA	=	a-zA-Z
DIGIT	=	0-9
quoted-string	=	(CFWS)? " ((FWS)? qcontent) * (FWS)? " (CFWS)?
qcontent	=	(qtext quoted-pair)
qtext	=	[VCHAR - [" \]]
VCHAR	=	\33 - \126
quoted-pair	=	\\ ([VCHAR] WSP)
**** ANGLE ADDR ****		
angle-addr	=	(CFWS)? < addr-spec > (CFWS)?
addr-spec	=	local-part @ domain
local-part	=	(dot-atom quoted-string)
dot-atom	=	(CFWS)? dot-atom-text (CFWS)?
dot-atom-text	=	atext+ (\. atext+)*
domain	=	(dot-atom domain-literal)
domain-literal	=	(CFWS)? [((FWS)? dtext) * (FWS)?] (CFWS)?
dtext	=	[\33 - \90 \94 - \126]
**** MISC ****		
FWS	=	(WSP* CRLF)? WSP+
WSP	=	(HTAB SP)
HTAB	=	\9
SP	=	\32
CFWS	=	\\ (.* \)