Choose either the 32 or 64 bit plugin unless you are using Windows XP, in which case you'll need to use the (32-XP) plugin.

To install the plugin, just copy the appropriate dll file into your DAW's plugin path and it will be found and scanned. No other files are needed for the plugin to work.

FlowStone plugins need the Visual C++ 2013 redistributable package available free from Microsoft. This is usually already installed in your Windows OS but if you get issues you can download from here and install it without otherwise affecting your system:

<https://www.microsoft.com/en-us/download/details.aspx?id=40784>

The .fsm file is the FlowStone source file and isn’t needed for the plugins to work. You can open it in FlowStone if you have it, and examine how the plugin works and use any parts you like for your own projects.