What iClone features require 3DXChange 7, to work?

Morph Editor: 3DXChange 7 Pro and above.

Export FBX: 3DXChange 7 Pipeline

Export Alembic: 3DXChange 7 Pipeline.

Reallusion FAQ

https://kb.reallusion.com/Product/52534/What-iClone-features-require-3DXChange-7-to-work