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14" and 16" models

# MacBook Pro

Overview

Why Mac

Tech Specs

Buy

14-inch



## Finish



Silver

Space Gray

## Price

\$1999

\$2499

## Chip



### Apple M1 Pro chip

8-core CPU with 6 performance cores and 2 efficiency cores

14-core GPU

16-core Neural Engine

200GB/s memory bandwidth



### Apple M1 Pro chip

10-core CPU with 8 performance cores and 2 efficiency cores

16-core GPU

16-core Neural Engine

200GB/s memory bandwidth

**Media engine**

Hardware-accelerated H.264, HEVC, ProRes, and ProRes RAW

Video decode engine

Video encode engine

ProRes encode and decode engine

**Media engine**

Hardware-accelerated H.264, HEVC, ProRes, and ProRes RAW

Video decode engine

Video encode engine

ProRes encode and decode engine

**Configurable to:**

M1 Pro with 10-core CPU and 14-core GPU, M1 Pro with 10-core CPU and 16-core GPU, M1 Max with 10-core CPU and 24-core GPU, or M1 Max with 10-core CPU and 32-core GPU

**Configurable to:**

M1 Max with 10-core CPU and 24-core GPU or M1 Max with 10-core CPU and 32-core GPU

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**Display**

**Liquid Retina XDR display**

14.2-inch (diagonal) Liquid Retina XDR display;<sup>1</sup> 3024-by-1964 native resolution at 254 pixels per inch



**XDR (Extreme Dynamic Range)**

Up to 1000 nits sustained (full-screen) brightness, 1600 nits peak brightness

1,000,000:1 contrast ratio

**Color**

1 billion colors

Wide color (P3)

True Tone technology

**Refresh rates**

ProMotion technology for adaptive refresh rates up to 120Hz

Fixed refresh rates: 47.95Hz, 48.00Hz, 50.00Hz, 59.94Hz, 60.00Hz

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**Memory**

**16GB**

16GB unified memory

**Configurable to:**

32GB (M1 Pro or M1 Max) or 64GB (M1 Max)

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**Battery and Power<sup>2</sup>**

Up to 17 hours Apple TV app movie playback

Up to 11 hours wireless web

70-watt-hour lithium-polymer battery<sup>2</sup>

67W USB-C Power Adapter (included with M1 Pro with 8-core CPU)

96W USB-C Power Adapter (included with M1 Pro with 10-core CPU or M1 Max, configurable with M1 Pro with 8-core CPU)

USB-C to MagSafe 3 Cable

Fast-charge capable with 96W USB-C Power Adapter

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**Storage<sup>3</sup>**

**512GB**

512GB SSD

**Configurable to:**

1TB, 2TB, 4TB, or 8TB

**1TB**

1TB SSD

**Configurable to:**

2TB, 4TB, or 8TB

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**Charging and Expansion**

SDXC card slot

HDMI port

3.5 mm headphone jack

MagSafe 3 port

Three Thunderbolt 4 (USB-C) ports with support for:

Charging

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DisplayPort

Thunderbolt 4 (up to 40Gb/s)

USB 4 (up to 40Gb/s)



## Video Support

**Simultaneously supports full native resolution on the built-in display at 1 billion colors and:**

Up to two external displays with up to 6K resolution at 60Hz at over a billion colors (M1 Pro) or  
Up to three external displays with up to 6K resolution and one external display with up to 4K resolution at 60Hz at over a billion colors (M1 Max)

### Thunderbolt 4 digital video output

Native DisplayPort output over USB-C

VGA, HDMI, DVI, and Thunderbolt 2 output supported using adapters (sold separately)

### HDMI digital video output

Support for one display with up to 4K resolution at 60Hz

DVI output using HDMI to DVI Adapter (sold separately)

## Keyboard and Trackpad

**Backlit Magic Keyboard with:**

78 (U.S.) or 79 (ISO) keys including 12 full-height function keys and 4 arrow keys in an inverted-T arrangement

Touch ID

Ambient light sensor

Force Touch trackpad for precise cursor control and pressure-sensing capabilities; enables Force clicks, accelerators, pressure-sensitive drawing, and Multi-Touch gestures



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## Wireless

### Wi-Fi

802.11ax Wi-Fi 6 wireless networking  
IEEE 802.11a/b/g/n/ac compatible

### Bluetooth

Bluetooth 5.0 wireless technology

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## Camera

1080p FaceTime HD camera  
Advanced image signal processor with computational video

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## Audio

High-fidelity six-speaker sound system with force-cancelling woofers

Wide stereo sound

Support for spatial audio when playing music or video with Dolby Atmos on built-in speakers

Spatial audio with dynamic head tracking when using AirPods (3rd generation), AirPods Pro, and AirPods Max

Studio-quality three-mic array with high signal-to-noise ratio and directional beamforming

3.5 mm headphone jack with advanced support for high-impedance headphones

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## Operating Requirements

**Line voltage:** 100V to 240V AC

**Frequency:** 50Hz to 60Hz

**Operating temperature:** 50° to 95° F (10° to 35° C)

**Storage temperature:** -13° to 113° F (-25° to 45° C)

**Relative humidity:** 0% to 90% noncondensing

**Operating altitude:** tested up to 10,000 feet

**Maximum storage altitude:** 15,000 feet

**Maximum shipping altitude:** 35,000 feet

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## Size and Weight

**Height:** 0.61 inch (1.55 cm)

**Width:** 12.31 inches (31.26 cm)

**Depth:** 8.71 inches (22.12 cm)

**Weight:** 3.5 pounds (1.6 kg)<sup>4</sup>



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## Operating System

macOS

macOS is the most advanced desktop operating system in the world. macOS Monterey introduces powerful new features to help you connect, share, and create like never before.

[Learn more >](#)

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## Accessibility

Accessibility features help people with disabilities get the most out of their new MacBook Pro. With built-in support for vision, hearing, mobility, and learning, you can create and do amazing things.

[Learn more >](#)

### Features include:

Voice Control

Increase Contrast

Switch Control

VoiceOver

Reduce Motion

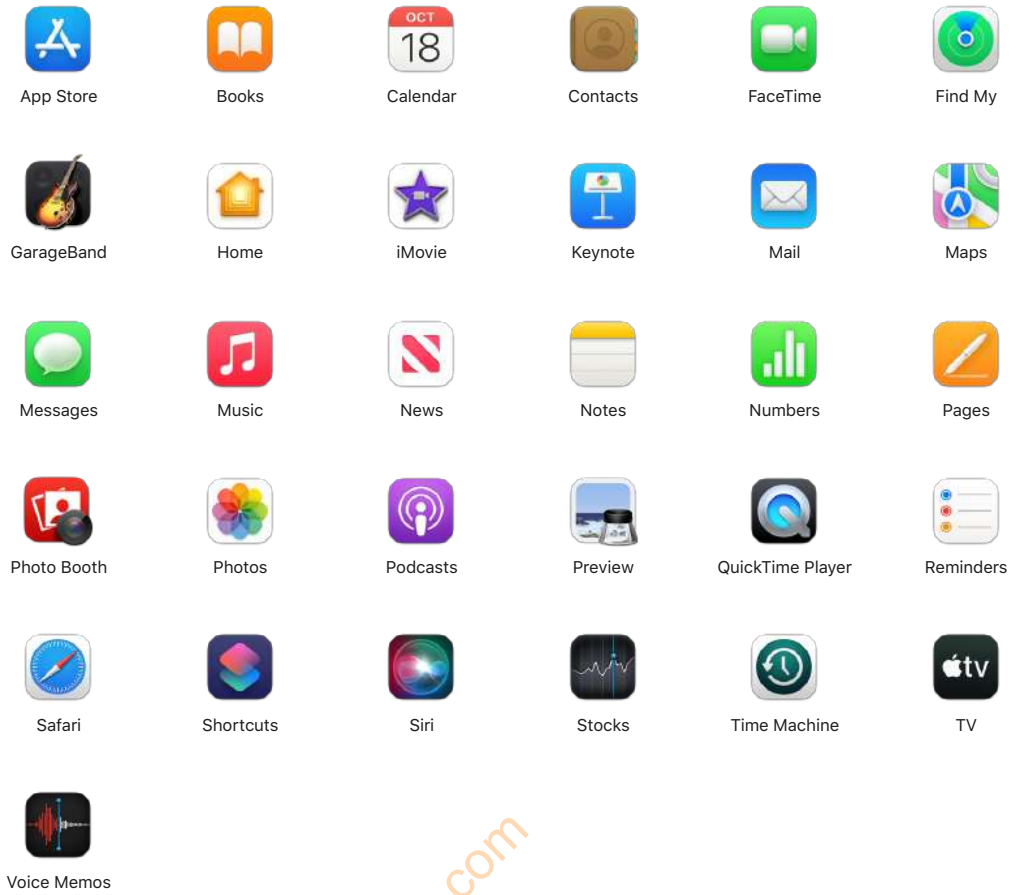
Closed Captions

Zoom

Siri and Dictation

Text to Speech

## Built-in Apps<sup>5</sup>



## In the Box

- 14-inch MacBook Pro
- 67W USB-C Power Adapter (M1 Pro with 8-core CPU) or 96W USB-C Power Adapter (M1 Pro with 10-core CPU or M1 Max)
- USB-C to MagSafe 3 Cable (2 m)



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## Limited Warranty and Service

Your MacBook Pro comes with 90 days of complimentary technical support and a one-year limited warranty. Purchase AppleCare+ for Mac to extend your coverage to three years from your AppleCare+ purchase date and add up to two incidents of accidental damage coverage every 12 months, each subject to a service fee of \$99 for screen damage or external enclosure damage, or \$299 for other repairable damage, plus applicable tax.

[Learn more >](#)

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## Configure to Order

Configure your MacBook Pro with these options, only at [apple.com](#):

M1 Pro with 10-core CPU and 14-core GPU

M1 Pro with 10-core CPU and 16-core GPU



M1 Max with 10-core CPU and 24-core GPU

M1 Max with 10-core CPU and 32-core GPU

32GB unified memory (M1 Pro and M1 Max)

64GB unified memory (M1 Max)

1TB, 2TB, 4TB, or 8TB SSD

96W USB-C Power Adapter (included with M1 Pro with 10-core CPU or M1 Max)



## MacBook Pro and the Environment

The 14-inch MacBook Pro is designed with the following features to reduce its environmental impact:<sup>6</sup>

[See the 14-inch MacBook Pro Product Environmental Report >](#)

### Made with better materials

100% recycled aluminum in the enclosure

100% recycled rare earth elements in all magnets, representing 98% of the rare earth elements in the device

100% recycled tin in the solder of the main logic board

35% or more recycled plastic in multiple components

### Energy efficient

ENERGY STAR<sup>®</sup> certified<sup>7</sup>

### Smarter chemistry<sup>8</sup>

Arsenic-free display glass

Mercury-, BFR-, PVC-, and beryllium-free

### Green manufacturing

Apple's Zero Waste Program helps suppliers eliminate waste sent to landfill

All final assembly supplier sites are transitioning to 100% renewable energy for Apple production

### Responsible packaging

100% of virgin wood fiber comes from responsibly managed forests

90% or more fiber-based packaging

### Apple Trade In

Trade in your eligible device for credit toward your next purchase, or get an Apple Gift Card you can use anytime.<sup>9</sup> If your device isn't eligible for credit, we'll recycle it for free.

[See how it works >](#)

### Apple and the Environment

We're committed to making our products without taking from the earth, and to become carbon neutral across our entire business, including products, by 2030.

[See Apple's commitment >](#)

## Accessories

### Mac Software

[Final Cut Pro](#)

### Other Accessories

[USB-C to Lightning Cable](#)

[Logic Pro](#)

[USB-C to MagSafe 3 Cable](#)

**Displays and Adapters**

[USB-C Charge Cable](#)

[Pro Display XDR](#)

[67W USB-C Power Adapter](#)

[LG UltraFine 4K Display](#)

[96W USB-C Power Adapter](#)

[LG UltraFine 5K Display](#)

[Magic Keyboard with Touch ID](#)

[Thunderbolt 3 \(USB-C\) to Thunderbolt 2 Adapter](#)

[Magic Keyboard with Touch ID and Numeric Keypad](#)

[USB-C to USB Adapter](#)

[Magic Keyboard](#)

[USB-C Digital AV Multiport Adapter](#)

[Magic Keyboard with Numeric Keypad](#)

[USB-C VGA Multiport Adapter](#)

[Magic Trackpad](#)

[Belkin USB-C to Gigabit Ethernet Adapter](#)

[Magic Mouse](#)

[HDMI to DVI Adapter](#)

[Polishing Cloth](#)

[AppleCare+ for Mac](#)

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From basics to pro tips, get more out of your new Mac.

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- The displays on the 14-inch and 16-inch MacBook Pro have rounded corners at the top. When measured as a standard rectangular shape, the screens are 14.2 inches and 16.2 inches diagonally (actual viewable area is less).
- Actual rating of 69.6 watt-hours (14-inch model) or 99.6 watt-hours (16-inch model). Testing conducted by Apple in September 2021 using preproduction 14-inch MacBook Pro systems with Apple M1 Pro, 8-core CPU, 14-core GPU, 16GB of RAM, and 512GB SSD; and preproduction 16-inch MacBook Pro systems with Apple M1 Pro, 10-core CPU, 16-core GPU, 16GB of RAM, and 1TB SSD. The wireless web test measures battery life by wirelessly browsing 25 popular websites with display brightness set to 8 clicks from bottom. The Apple TV app movie playback test measures battery life by playing back HD 1080p content with display brightness set to 8 clicks from bottom. Battery life varies by use and configuration. See [apple.com/batteries](https://apple.com/batteries) for more information.
- 1GB = 1 billion bytes and 1TB = 1 trillion bytes; actual formatted capacity less.
- Weight varies by configuration and manufacturing process.
- iMovie, GarageBand, Pages, Numbers, and Keynote are available on the Mac App Store. Downloading apps requires an Apple ID and a device that is compatible with the OS version required for each app.
- Data accurate as of product launch.
- ENERGY STAR and the ENERGY STAR mark are registered trademarks owned by the U.S. Environmental Protection Agency.
- Apple defines its restrictions on harmful substances, including definitions for what Apple considers to be "free of," in the Apple Regulated Substances Specification. Every Apple product is free of PVC and phthalates with the exception of AC power cords in India, Thailand (for two-prong AC power cords), and South Korea, where we continue to seek government approval for our PVC and phthalates replacement.
- Trade-in values will vary based on the condition, year, and configuration of your eligible trade-in device. Not all devices are eligible for credit. You must be at least 18 years old to be eligible to trade in for credit or for an Apple Gift Card. Trade-in value may be applied toward qualifying new device purchase, or added to an Apple Gift Card. Actual value awarded is based on receipt of a qualifying device matching the description provided when estimate was made. Sales tax may be assessed on full value of a new device purchase. In-store trade-in requires presentation of a valid photo ID (local law may require saving this information). Offer may not be available in all stores, and may vary between in-store and online trade-in. Some stores may have additional requirements. Apple or its trade-in partners reserve the right to refuse or limit quantity of any trade-in transaction for any reason. More details are available from Apple's trade-in partner for trade-in and recycling of eligible devices. Restrictions and limitations may apply.

† Apple Card Monthly Installments (ACMI) is a 0% APR payment option available to select at checkout for certain Apple products purchased at Apple Store locations, apple.com, the Apple Store app, or by calling 1-800-MY-APPLE, and is subject to credit approval and credit limit. See <https://support.apple.com/kb/HT211204> for more information about eligible products. Variable APRs for Apple Card other than ACMI range from 10.99% to 21.99% based on creditworthiness. Rates as of April 1, 2020. If you choose the pay-in-full or one-time-payment option for an ACMI eligible purchase instead of choosing ACMI as the payment option at checkout, that purchase will be subject to the variable APR assigned to your Apple Card. Taxes and shipping are not included in ACMI and are subject to your card's variable APR. See the Apple Card Customer Agreement for more information. ACMI is not available for purchases made online at the following special stores: Apple Employee Purchase Plan; participating corporate Employee Purchase Programs; Apple at Work for small businesses; Government, and Veterans and Military Purchase Programs, or on refurbished devices. iPhone activation required on iPhone purchases made at an Apple Store with one of these national carriers: AT&T, Sprint, Verizon, or T-Mobile.

To access and use all the features of Apple Card, you must add Apple Card to Wallet on an iPhone or iPad with the latest version of iOS or iPadOS. Update to the latest version by going to Settings > General > Software Update. Tap Download and Install.

Available for qualifying applicants in the United States.

Apple Card is issued by Goldman Sachs Bank USA, Salt Lake City Branch.

Mac	MacBook Pro	MacBook Pro 14-inch and 16-inch	Technical Specifications
<b>Shop and Learn</b>	<b>Services</b>	<b>Apple Store</b>	<b>For Business</b>
Store	Apple Music	Find a Store	Apple and Business
Mac	Apple TV+	Genius Bar	Shop for Business
iPad	Apple Fitness+	Today at Apple	<b>For Education</b>
iPhone	Apple News+	Apple Camp	Apple and Education
Watch	Apple Arcade	Apple Store App	Shop for K-12
AirPods	iCloud	Refurbished and Clearance	Shop for College
TV & Home	Apple One	Financing	<b>For Healthcare</b>
iPod touch	Apple Card	Apple Trade In	Apple in Healthcare
AirTag	Apple Books	Order Status	Health on Apple Watch
Accessories	Apple Podcasts	Shopping Help	Health Records on iPhone
Gift Cards	App Store		<b>For Government</b>
	<b>Account</b>		Shop for Government
	Manage Your Apple ID		Shop for Veterans and Military
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