

MacBook Pro 14 inch 2023 - Tech Specs - Apple



Chip



Apple M2 Pro chip

10-core CPU with
6 performance cores and
4 efficiency cores

16-core GPU

16-core Neural Engine

200GB/s memory
bandwidth

Media engine

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



Apple M2 Pro chip

12-core CPU with
8 performance cores and
4 efficiency cores

19-core GPU

16-core Neural Engine

200GB/s memory
bandwidth

Media engine

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



Apple M2 Max chip

12-core CPU with
8 performance cores and
4 efficiency cores

30-core GPU

16-core Neural Engine

400GB/s memory
bandwidth

Media engine

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

ProRes RAW	ProRes RAW	ProRes RAW
Video decode engine	Video decode engine	Video decode engine
Video encode engine	Video encode engine	Two video encode engines
ProRes encode and decode engine	ProRes encode and decode engine	Two ProRes encode and decode engines
Configurable to:	Configurable to:	Configurable to:
M2 Pro with 12-core CPU and 19-core GPU, M2 Max with 12-core CPU and 30-core GPU, or M2 Max with 12-core CPU and 38-core GPU	M2 Max with 12-core CPU and 30-core GPU or M2 Max with 12-core CPU and 38-core GPU	M2 Max with 12-core CPU and 38-core GPU

Display

Liquid Retina XDR display

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



XDR (Extreme Dynamic Range)

1,000,000:1 contrast ratio

XDR brightness: 1000 nits sustained full-screen, 1600 nits peak² (HDR content only)

SDR brightness: 500 nits

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

Memory	16GB 16GB unified memory	16GB 16GB unified memory	32GB 32GB unified memory
	Configurable to: 32GB (M2 Pro or M2 Max), 64GB (M2 Max), or 96GB (M2 Max with 38-core GPU)	Configurable to: 32GB (M2 Pro or M2 Max), 64GB (M2 Max), or 96GB (M2 Max with 38-core GPU)	Configurable to: 64GB (M2 Max) or 96GB (M2 Max with 38-core GPU)

Battery and Power³

Up to 18 hours Apple TV app movie playback
Up to 12 hours wireless web
70-watt-hour lithium-polymer battery³
67W USB-C Power Adapter (included with M2 Pro with 10-core CPU)
96W USB-C Power Adapter (included with M2 Pro with 12-core CPU or M2 Max, configurable with M2 Pro with 10-core CPU)
USB-C to MagSafe 3 Cable
Fast-charge capable with 96W USB-C Power Adapter

Storage⁴

512GB 512GB SSD	1TB 1TB SSD	1TB 1TB SSD
Configurable to: 1TB, 2TB, 4TB, or 8TB	Configurable to: 2TB, 4TB, or 8TB	Configurable to: 2TB, 4TB, or 8TB

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
DisplayPort
Thunderbolt 4 (up to 40Gb/s)
USB 4 (up to 40Gb/s)



MagSafe 3

Thunderbolt 4

3.5 mm headphone jack



SDXC

Thunderbolt 4

HDMI

Display Support

M2 Pro

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 over Thunderbolt, or one external display with up to 6K resolution at 60Hz over Thunderbolt and one external display with up to 4K resolution at 144Hz over HDMI

One external display supported at 8K resolution at 60Hz or one external display at 4K resolution at 240Hz over HDMI

M2 Max

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

Up to four external displays: Up to three external displays with 6K resolution at 60Hz over Thunderbolt and one external display with up to 4K resolution at 144Hz over HDMI

Up to three external displays: Up to two external displays with 6K resolution at 60Hz over Thunderbolt and one external display with up to 8K resolution at 60Hz or one external display with 4K resolution at 240Hz over HDMI

Thunderbolt 4 digital video output

Support for native DisplayPort output over USB-C

HDMI digital video output

Support for one display with up to 8K resolution at 60Hz or 4K resolution at 240Hz

Video Playback

Supported formats include HEVC, H.264, and ProRes

HDR with Dolby Vision, HDR10, and HLG

Audio Playback

Supported formats include AAC, MP3, Apple Lossless, FLAC, Dolby Digital, Dolby Digital Plus, and Dolby Atmos

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



Force Touch trackpad

Wireless

Wi-Fi

Wi-Fi 6E (802.11ax)⁵

Bluetooth

Bluetooth 5.3

Camera

1080p FaceTime HD camera

Advanced image signal processor with computational video

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

HDMI port supports multichannel audio output

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

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 (M2 Pro): 3.5 pounds (1.60 kg)⁶

Weight (M2 Max): 3.6 pounds (1.63 kg)⁶



Operating System

macOS

macOS is the most advanced desktop operating system in the world. macOS Ventura makes the things you do most on Mac even better, so you can work smarter, play harder, and go further.

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

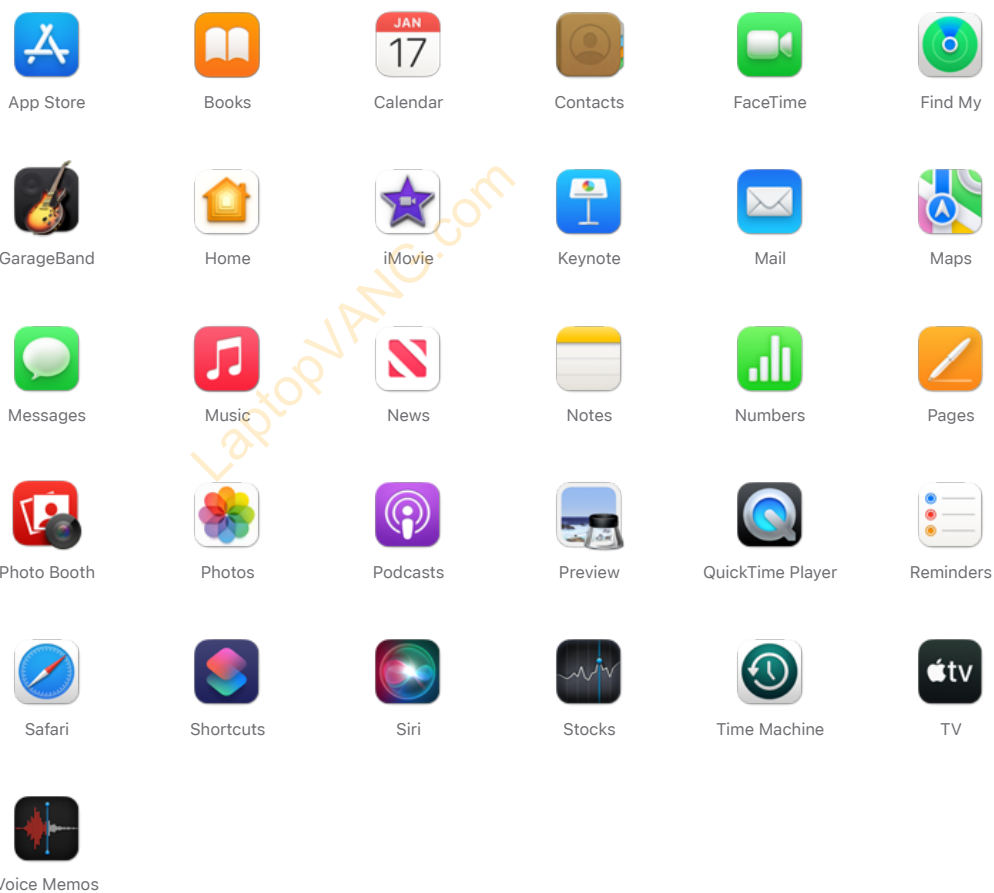
Closed Captions

Zoom

Siri and Dictation

Text to Speech

Built-in Apps⁷



In the Box

14-inch MacBook Pro

67W USB-C Power Adapter (M2 Pro with 10-core CPU) or 96W USB-C Power Adapter (M2 Pro with 12-core CPU or M2 Max)

USB-C to MagSafe 3 Cable (2 m)

