

# MacBook Pro (14-inch, M6) - Tech Specs

Year introduced: 2026

## Finish

Space Black

Silver

## Chip

**Apple M6 chip**

12-core CPU with: 2 super cores 4 performance cores 6 efficiency cores

12-core GPU

Neural Accelerators

Hardware-accelerated ray tracing

Dual 16-core Neural Engine

Up to 170GB/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

AV1 decode

## Memory

16GB unified memory (153GB/s memory bandwidth)

24GB or 32GB unified memory (170GB/s memory bandwidth)

## Storage[1]

1TB, 2TB or 4TB SSD

## Display

**Liquid Retina XDR display**

14.2-inch (diagonal) Liquid Retina XDR display;[2] 3024x1964 native resolution at 254 pixels per inch

**XDR (Extreme Dynamic Range)**

1,000,000:1 contrast ratio

XDR brightness: up to 1,000 nits sustained full-screen,[3] 1,600 nits peak (HDR content only)

SDR brightness: up to 1,000 nits (outdoor)

1 nit minimum brightness

**Colour**

1 billion colours

P3 wide colour gamut

True Tone technology

**Refresh rates**

ProMotion technology with adaptive refresh rates up to 120Hz

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

**Configurable with:**

Nano-texture display

## Battery and Power

**M6**[4]

Up to 24 hours video streaming

Up to 16 hours wireless web

72.4-watt-hour lithium-polymer battery

Supports charging via a USB-C power adapter or other USB PD power source

Minimum wattage recommended to charge the device: 60W

Fast-charge capable with 96W or higher USB PD power source

## Charging and Expansion

**SDXC card slot**

**HDMI port**

**3.5mm 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)

## External Display Support

Supports up to two external displays over any combination of Thunderbolt and HDMI ports:

Two displays up to a native resolution of 6K at 60Hz or 4K at 165Hz, or

One display up to a native resolution of 8K at 60Hz or 5K at 120Hz or 4K at 240Hz

Supports up to two external displays over a single Thunderbolt port

Simultaneously supports the built-in display at full native resolution

Thunderbolt 4 (USB-C) ports support native DisplayPort 1.4 speeds

Learn more about connecting a display to your Mac

## Reference Modes

**Available reference modes:**

Apple XDR Display (P3-1,600 nits)

Apple Display (P3-600 nits)

HDR Video (P3-ST 2084)

HDTV Video (BT.709–BT.1886)

NTSC Video (BT.601 SMPTE-C)

PAL and SECAM Video (BT.601 EBU)

Digital Cinema (P3-DCI)

Digital Cinema (P3-D65)

Design and Print (P3-D50)

Photography (P3-D65)

Internet and Web (sRGB)

## Video Playback

Supported formats include HEVC, H.264, AV1 and ProRes

HDR with Dolby Vision, HDR10+/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 (ANSI) or 79 (ISO) keys including 12 full-height function keys

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

## Wireless

**Apple N1 wireless networking chip**

Wi-Fi 7 (802.11be)[5]

Bluetooth 6

Thread networking technology

## Camera

12MP Center Stage camera with support for Desk View

1080p HD video recording

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 supported models of AirPods, AirPods Pro and AirPods Max[6]

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

Voice Isolation and Wide Spectrum microphone modes for enhanced voice clarity in audio and video calls

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

HDMI port supports multi-channel audio output

## Operating Requirements

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

**Frequency:** 50Hz to 60Hz

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

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

**Relative humidity:** 0% to 90% non-condensing

**Operating altitude:** tested up to 3,000 metres (10,000 feet)

**Maximum storage altitude:** 4,500 metres (15,000 feet)

**Maximum shipping altitude:** 10,500 metres (35,000 feet)

## Size and Weight

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

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

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

**Weight:** 1.55 kg (3.4 pounds)[7]

## Operating System

**macOS**

macOS is the most advanced desktop operating system in the world. Siri AI is a powerful and capable assistant with personal context understanding, broad world knowledge and onscreen awareness. Express yourself through photos and images, save time with Safari, and get more done with Apple Intelligence seamlessly integrated into your everyday apps and experiences. And iPhone Mirroring,[8] window tiling, Sidecar and more help you stay productive.

## Apple Intelligence and Siri AI[9]

The next generation of Apple Intelligence is centred around you, integrated into your apps and built with privacy. Apple Intelligence powers Siri AI — an entirely new version of Siri that's more personal, conversational and powerful, along with helpful features across apps.

Learn more about Apple Intelligence and Siri AI

## 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 about Accessibility

**Features include:**

VoiceOver

Zoom

Motion, display and text settings

Accessibility Reader

Voice Control

Switch Control

Closed Captions

Live Captions

Live Speech

## Built-in Apps[10]

App Store
Books
Calendar
Contacts
FaceTime

**Documentation**

Home
iMovie
iPhone Mirroring
Journal
Keynote
Mail
Maps
Messages
Music
News
Notes
Numbers
Pages
Passwords
Phone
Photo Booth
Photos
Podcasts
Preview
QuickTime Player
Reminders
Safari
Shortcuts
Stocks
Time Machine
Tips
TV
Voice Memos
Weather

## In the Box

14-inch MacBook Pro

USB-C to MagSafe 3 Cable (2m)

Polishing cloth (only with nano-texture display option)

Power adapter sold separately

## MacBook Pro and the Environment

**Progress towards Apple 2030**

Apple 2030 is our goal to be carbon neutral across our value chain. We design our products to be less carbon intensive by prioritising the use of recycled and renewable content and low-carbon materials while focusing on the energy efficiency of our software and hardware.

See Apple's commitment

See the 14-inch MacBook Pro (M6) Product Environmental Report (PDF)

### Materials

The 14-inch MacBook Pro is made with 45% recycled content,[11] including:

100% recycled aluminium in the enclosure

100% recycled cobalt and 95% recycled lithium in the battery

100% recycled copper in multiple thermal module components

100% recycled gold plating and tin solder in all Apple-designed printed circuit boards

100% recycled rare earth elements in all magnets

80% recycled steel in multiple components including the keyboard feature plate

### Packaging

100% fibre-based packaging[12]

### Energy

ENERGY STAR® certified[13]

### Smarter chemistry[14]

All the materials used in Apple products, accessories and packaging are covered by the requirements of our Regulated Substances Specification (PDF), which was one of the first in industry to restrict the use of key substances of concern. See the latest Environmental Progress Report (PDF) to understand Apple's recent efforts in phasing out these chemistries.

## Acoustic Performance

Declared noise emission values in accordance with ECMA-109
Acoustic Performance

| | Sound Power Level<br>$L_{WA,m}$ (B) | Sound Pressure Level<br>Operator Position<br>$L_{pA,m}$ (dB) |
|---|---|---|
| **Idle** | 1.2 ($K_V$ = 0.3) | 4 |
| **Wireless web** | 1.2 ($K_V$ = 0.3) | 4 |

1. $L_{WA,m}$ is the mean A-weighted sound power level, rounded to the nearest 0.1 B.
2. $L_{pA,m}$ is the mean A-weighted sound pressure level measured at operator position (rounded to the nearest 1 dB).
3. 1 B (bel) = 10 dB (decibel).
4. $K_V$ is the statistical adder for computing upper-limit of A-weighted sound power level.
5. The quantity, $L_{WA,c}$ (formerly called $L_{WAd}$) may be computed from the sum of $L_{WA,m}$ and $K_V$.
6. The wireless web test browses 6 tabs with a mix of content including media.
7. Configuration tested: M6, 12-core CPU, 12-core GPU, 24GB unified memory, 1TB storage.

1. Actual formatted capacity of SSD storage is less.
2. Screen size is 14.2 inches (14-inch MacBook Pro) and 16.2 inches (16-inch MacBook Pro). Measured diagonally as a standard rectangular shape. Actual viewable area is less due to rounded corners at the top.
3. In temperatures less than 25° C.
4. Testing conducted by Apple in September 2026 using pre-production 14-inch MacBook Pro systems with Apple M6, 12-core CPU, 12-core GPU, 32GB of unified memory and 1TB SSD. Wireless web battery life tested by browsing 25 popular websites while connected to Wi-Fi. Video streaming battery life tested with 1080p content in Safari while connected to Wi-Fi. Display brightness set to 8 clicks from the bottom and keyboard backlight was off. Battery life varies by use, configuration and environmental factors. See apple.com/uk/batteries for more information.
5. Wi-Fi 7 availability varies by country. For more information, visit support.apple.com/en-gb/148165.
6. See support.apple.com/en-gb/102596 for supported models.
7. Weight varies by configuration and manufacturing process.

8. iPhone Mirroring is not available in all countries and regions. Some iPhone features (e.g. camera and microphone) are not compatible with iPhone Mirroring.
9. Apple Intelligence is available with Siri and device language set to Chinese (Simplified), Chinese (Traditional), Danish, Dutch, English, French, German, Italian, Japanese, Korean, Norwegian, Portuguese, Spanish, Swedish, Turkish or Vietnamese. Some features may not be available in all regions or languages. Some devices may not be available in all regions. Siri AI is available in beta in macOS 27 and requires an Apple Intelligence–enabled device set to a supported language. Available in English, French, Japanese, Korean, Portuguese and Spanish to start. Siri AI will not be initially available in the EU on iOS, iPadOS and watchOS. Siri AI is not available for users under 13. Certain Apple Intelligence features that rely on server-side models are subject to daily usage limits, including but not limited to Siri AI, Intelligent Photo Editing Tools, Image Playground, and AFM 3 Cloud models in Shortcuts. Daily limits may vary by feature, request complexity, system demand, system policies and other factors. Expanded access to such features will be available for a fee in the future. Use of these features is subject to the Apple Intelligence Terms and Conditions. Learn more at support.apple.com/en-gb/148587.
10. iMovie, GarageBand, Pages, Numbers and Keynote are available on the Mac App Store. Downloading apps requires an Apple Account and a device that is compatible with the OS version required for each app.
11. Product recycled or renewable content is the mass of certified recycled material relative to the overall mass of the device, not including packaging or in-box accessories.
12. Breakdown of US retail packaging by weight. Adhesives, inks and coatings are excluded from our calculations.
13. ENERGY STAR and the ENERGY STAR mark are registered trademarks owned by the US Environmental Protection Agency.
14. Apple's Regulated Substances Specification describes Apple's restrictions on the use of certain chemical substances in materials in Apple products, accessories, manufacturing processes and packaging used for shipping products to Apple's end-customers. Restrictions are derived from international laws or directives, regulatory agencies, eco-label requirements, environmental standards and Apple policies. Every Apple product is free of PVC and phthalates except for AC power leads in India, Thailand (for two-pin AC power leads) and South Korea, where we continue to seek government approval for our PVC and phthalates replacement. Apple products comply with the European Union Directive 2011/65/EU and its amendments, including exemptions for the use of lead such as high-temperature solder. Apple is working to phase out the use of these exempted substances for new products where technically possible.

**Helpful?** Yes No



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