

# MacBook Pro (14-inch, M5 Pro or M5 Max) - Tech Specs

Year introduced: 2026

## Finish

Space Black

Silver

## Chip

**Apple M5 Pro chip**

15-core CPU with 5 super cores and 10 performance cores, 18-core CPU with 6 super cores and 12 performance cores

16-core GPU, 20-core GPU

Neural Accelerators

Hardware-accelerated ray tracing

16-core Neural Engine

307GB/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

**Configurable to:**

M5 Pro with 18-core CPU and 20-core GPU

or M5 Max with 18-core CPU and 32-core GPU (460GB/s memory bandwidth)

or M5 Max with 18-core CPU and 40-core GPU (614GB/s memory bandwidth)

**Apple M5 Max chip**

18-core CPU with 6 super cores and 12 performance cores

32-core GPU

Neural Accelerators

Hardware-accelerated ray tracing

16-core Neural Engine

460GB/s memory bandwidth

**Media Engine**

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

Video decode engine

Two video encode engines

Two ProRes encode and decode engines

AV1 decode

**Configurable to:**

M5 Max with 18-core CPU and 40-core GPU (614GB/s memory bandwidth)

## Memory

**Apple M5 Pro chip**

24GB unified memory

**Configurable to:**

36GB (M5 Max with 32-core GPU)

or 48GB (M5 Pro or M5 Max with 40-core GPU)

or 64GB (M5 Pro with 20-core GPU or M5 Max with 40-core GPU)

or 128GB (M5 Max with 40-core GPU)

**Apple M5 Max chip**

36GB unified memory

**Configurable to:**

48GB, 64GB or 128GB (M5 Max with 40-core GPU)

## Storage[1]

**Apple M5 Pro chip**

1TB or 2TB SSD

**Configurable to:**

2TB or 4TB

**Apple M5 Max chip**

2TB SSD

**Configurable to:**

4TB or 8TB

## 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: 1,000 nits sustained full-screen, 1,600 nits peak[3] (HDR content only)

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

**Colour**

1 billion colours

Wide colour (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

**Configurable with:**

Nano-texture display

## Battery and Power

**M5 Pro[4]**

Up to 22 hours video streaming

Up to 14 hours wireless web

72.4-watt-hour lithium-polymer battery

USB-C to MagSafe 3 Cable (2m)

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

Minimum wattage required to charge the device: 70W

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

**M5 Max[4]**

Up to 20 hours video streaming

Up to 13 hours wireless web

72.4-watt-hour lithium-polymer battery

USB-C to MagSafe 3 Cable (2m)

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

Minimum wattage required to charge the device: 70W

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 5 (USB-C) ports with support for:

Charging

DisplayPort

Thunderbolt 5 (up to 120Gb/s)

USB 4 (up to 120Gb/s)

## External Display Support

**M5 Pro**

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

Three displays up to a native resolution of 6K at 60Hz or 4K at 144Hz or

One display up to a native resolution of 8K at 60Hz or 5K at 120Hz or 4K at 240Hz plus a second display up to a native resolution of 5K at 120Hz or 4K at 200Hz

Supports up to three external displays over a single Thunderbolt port

Simultaneously supports the built-in display at full native resolution

**M5 Max**

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

Four displays up to a native resolution of 6K at 60Hz or 4K at 144Hz or

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

Supports up to four external displays over a single Thunderbolt port

Simultaneously supports the built-in display at full native resolution

Thunderbolt 5 (USB-C) ports support native DisplayPort 2.1 speeds

Learn more about connecting a display to your Mac

## 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 (M5 Pro):** 1.60 kg (3.5 pounds)[7]

**Weight (M5 Max):** 1.62 kg (3.56 pounds)[7]

## Operating System

**macOS**

macOS is the most advanced desktop operating system in the world. Siri AI[8] 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[8] seamlessly integrated into your everyday apps and experiences. And iPhone Mirroring, window tiling, Sidecar and more help you stay productive.

## Apple Intelligence[8]

Apple Intelligence is the personal intelligence system that helps you write, express yourself and get things done effortlessly. With groundbreaking privacy protections, it gives you peace of mind that no one else can access your data — not even Apple.

Learn more about Apple Intelligence

## 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
Personal Voice and Live Speech

## Built-in Apps[9]

App Store
Books

Calendar
Contacts
FaceTime
Find My
Freeform
Games
GarageBand
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

## Configure to Order

Configure your MacBook Pro with these options at apple.com:

M5 Pro with 18-core CPU, 20-core GPU and 16-core Neural Engine

M5 Max with 18-core CPU, 32-core GPU and 16-core Neural Engine

M5 Max with 18-core CPU, 40-core GPU and 16-core Neural Engine

36GB unified memory (M5 Max with 32-core GPU)

48GB unified memory (M5 Pro and M5 Max with 40-core GPU)

64GB unified memory (M5 Pro with 20-core GPU and M5 Max with 40-core GPU)

128GB unified memory (M5 Max with 40-core GPU)

2TB or 4TB SSD (M5 Pro and M5 Max)

8TB SSD (M5 Max)

70W USB-C Power Adapter

96W USB-C Power Adapter

Nano-texture display

## MacBook Pro and the Environment

**The 14-inch MacBook Pro is designed to reduce environmental impact:**[10]

See the 14-inch MacBook Pro (M5 Pro or M5 Max) Product Environmental Report (PDF)

**Progress towards Apple 2030**

Apple 2030 is our commitment to be carbon neutral for our entire carbon footprint. Our plan to decarbonise products is rigorous and focuses on transitioning to low-carbon electricity, designing with recycled and low-carbon materials and prioritising lower-carbon ways of shipping products, like sea freight.

See Apple's commitment

**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 printed circuit boards and a thermal module component

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

100% recycled rare earth elements in all magnets

80% or more recycled steel in the keyboard feature plate and speaker components

**Energy**

50% of manufacturing electricity for the 14-inch MacBook Pro is sourced from low-carbon electricity[12]

ENERGY STAR® certified[13]

**Packaging**

100% fibre-based packaging[14]

**Waste**

No established final assembly sites generate waste sent to landfill as part of Apple's Zero Waste Programme[15]

**Smarter chemistry**[16]

All of the materials used in Apple products, accessories and packaging are covered by the requirements of our Regulated Substances Specification, which was one of the first in industry to restrict the use of key substances of concern. See the latest Environmental Progress Report 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** | 1.3 ($K_V$ = 0.3) | 4 |
| **Wireless web** | 1.3 ($K_V$ = 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: M5 Max, 18-core CPU / 40-core GPU, 64GB unified memory, 8TB storage.

1. 1TB = 1 trillion bytes; actual formatted capacity less.
2. 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).
3. In temperatures less than 25° C.
4. Testing conducted by Apple in January and February 2026 using pre-production 14-inch MacBook Pro systems with Apple M5 Max, 18-core CPU, 32-core GPU, 36GB of unified memory and 2TB SSD, and 14-inch MacBook Pro systems with Apple M5 Pro, 18-core CPU, 20-core GPU, 24GB of unified memory and 2TB 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 and configuration. See apple.com/uk/batteries for more information.
5. Wi-Fi 6E and Wi-Fi 7 available in countries and regions where supported.
6. See support.apple.com/en-gb/102596 for supported models.
7. Weight varies by configuration and manufacturing process.
8. 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 to start. Siri AI will not be initially available in the EU on iOS, iPadOS and watchOS. 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 apple.com/uk/apple-intelligence.
9. 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. iPhone Mirroring is not available in all countries and regions.
10. Data accurate as of product launch.
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. We estimate the percentage of electricity-related emissions in our manufacturing that is sourced from low-carbon electricity by attributing to our carbon model low-carbon energy procured by our suppliers in the prior fiscal year, based on the supplier manufacturing allocations at time of product launch. Included in this number is only low-carbon electricity that Apple or its suppliers have procured as part of Apple's Supplier Clean Energy Programme.
13. ENERGY STAR and the ENERGY STAR mark are registered trademarks owned by the US Environmental Protection Agency.
14. Breakdown of US retail packaging by weight. Adhesives, inks and coatings are excluded from our calculations.
15. All established final assembly supplier sites — those that have been Apple suppliers for more than one year — for MacBook Pro are third-party verified as Zero Waste by UL LLC (UL 2799 Standard). UL requires at least 90% diversion through methods other than waste to energy to achieve Zero Waste to Landfill (Silver 90–94%, Gold 95–99% and Platinum 100%) designations.
16. 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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