



MacBook Pro (14-inch, M5 Pro or M5 Max, 2026) - 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)

Storage¹

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 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 peak³ (HDR content only)

SDR brightness: up to 1000 nits (outdoor)

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

Configurable with:

Nano-texture display

Battery and Power

M5 Pro⁴

Up to 22 hours video streaming

Up to 14 hours wireless web

72.4-watt-hour lithium-polymer battery

70W USB-C Power Adapter (included with M5 Pro with 16-core GPU)

96W USB-C Power Adapter (included with M5 Pro with 20-core GPU, configurable with M5 Pro with 16-core GPU)

USB-C to MagSafe 3 Cable (2 m)

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

M5 Max⁴

Up to 20 hours video streaming

Up to 13 hours wireless web

72.4-watt-hour lithium-polymer battery

96W USB-C Power Adapter

USB-C to MagSafe 3 Cable (2 m)

Fast-charge capable with included 96W USB-C Power Adapter or higher

Charging and Expansion

SDXC card slot

HDMI port

3.5 mm 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 Max⁶

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

3.5 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 (3000 meters)

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 (M5 Pro): 3.5 pounds (1.60 kg)⁷

Weight (M5 Max): 3.56 pounds (1.62 kg)⁷

Operating System

macOS

macOS is the world's most advanced desktop operating system. It includes easy-to-use and powerful features that help you be more productive and creative, Apple Intelligence, and seamless ways to use iPhone with Mac.

Apple Intelligence⁸

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 Apps⁹

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

M5 Pro with 16-core GPU

14-inch MacBook Pro
70W USB-C Power Adapter
USB-C to MagSafe 3 Cable (2 m)
Polishing cloth (only with nano-texture display option)

M5 Pro with 20-core GPU or M5 Max

14-inch MacBook Pro

96W USB-C Power Adapter

USB-C to MagSafe 3 Cable (2 m)

Polishing cloth (only with nano-texture display option)

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)

96W USB-C Power Adapter (included with M5 Pro with 20-core GPU and M5 Max)

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 toward Apple 2030

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

[See Apple's commitment](#)

Materials

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

100% recycled aluminum 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 electricity¹²

ENERGY STAR® certified¹³

Packaging

100% fiber-based packaging¹⁴

Waste

No established final assembly sites generate waste sent to landfill as part of Apple's Zero Waste Program¹⁵

Smarter chemistry¹⁶

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 $L_{WA,m}$ (B)	Sound Pressure Level Operator Position $L_{pA,m}$ (dB)
Idle	1.3 ($K_v = 0.3$)	4
Wireless web	1.3 ($K_v = 0.3$)	4

- $L_{WA,m}$ is the mean A-weighted sound power level, rounded to the nearest 0.1 B.
- $L_{pA,m}$ is the mean A-weighted sound pressure level measured at operator position (rounded to the nearest 1 dB).
- 1 B (bel) = 10 dB (decibel).
- K_v is the statistical adder for computing upper-limit of A-weighted sound power level.
- The quantity, $L_{WA,c}$ (formerly called $L_{WA,d}$) may be computed from the sum of $L_{WA,m}$ and K_v .
- The wireless web test browses 6 tabs with a mix of content including media.
- Configuration tested: M5 Max, 18-core CPU, 40-core GPU, 64GB unified memory, 8TB storage.
 - 1TB = 1 trillion bytes; actual formatted capacity less.
 - 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).
 - In temperatures less than 25° C.
 - Testing conducted by Apple in January and February 2026 using preproduction 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/batteries for more information.
 - Wi-Fi 6E and Wi-Fi 7 available in countries and regions where supported.
 - See support.apple.com/en-us/102596 for supported models.
 - Weight varies by configuration and manufacturing process.
 - Apple Intelligence is available in beta. Some features may not be available in all regions or languages. For feature and language availability and system requirements, see support.apple.com/121115.
 - 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.
- Data accurate as of product launch.
- 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.
- 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 Program.
- ENERGY STAR and the ENERGY STAR mark are registered trademarks owned by the U.S. Environmental Protection Agency.
- Breakdown of U.S. retail packaging by weight. Adhesives, inks, and coatings are excluded from our calculations.
- 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.
- 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 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. 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

Support

MacBook Pro (14-inch, M5 Pro or M5 Max, 2026) - Tech Specs
