



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

Year introduced: 2025

### Finish

Space Black

Silver

### Chip

#### Apple M5 chip

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

10-core GPU

Neural Accelerators

Hardware-accelerated ray tracing

16-core Neural Engine

153GB/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

## **Apple Intelligence<sup>1</sup>**

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](#)

## **Display**

### **Liquid Retina XDR display**

14.2-inch (diagonal) Liquid Retina XDR display;<sup>2</sup> 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 peak<sup>3</sup> (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

## **Memory**

16GB or 24GB unified memory

### **Configurable to:**

24GB or 32GB

## **Battery and Power**

### **M5<sup>4</sup>**

Up to 24 hours video streaming

Up to 16 hours wireless web

72.4-watt-hour lithium-polymer battery

70W USB-C Power Adapter

USB-C to MagSafe 3 Cable

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

## **Storage<sup>5</sup>**

512GB or 1TB SSD<sup>6</sup>

### **Configurable to:**

1TB, 2TB, or 4TB

## 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)

## Display 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 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

### Thunderbolt 4 digital video output

Support for native DisplayPort 1.4 output over USB-C

### Thunderbolt 5 digital video output

Support for native DisplayPort 2.1 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, 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 (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

## Wireless

### Wi-Fi

Wi-Fi 6E (802.11ax)<sup>7</sup>

### Bluetooth

Bluetooth 5.3

## 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<sup>8</sup>

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 (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:** 3.4 pounds (1.55 kg)<sup>9</sup>

## Operating System

macOS

macOS is the most advanced desktop operating system in the world. It helps you stay productive and creative with help from Apple Intelligence, iPhone Mirroring,<sup>10</sup> window tiling, our biggest update ever to Spotlight, and more.

## 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:

Voice Control

VoiceOver

Zoom

Increase Contrast

Reduce Motion

Siri and Dictation

Switch Control

Closed Captions

Text to Speech

## Built-in Apps<sup>11</sup>

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

70W 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](http://apple.com):

24GB or 32GB unified memory

1TB, 2TB, or 4TB SSD

96W USB-C Power Adapter

Nano-texture display

## MacBook Pro and the Environment

### Environmental impact

The 14-inch MacBook Pro is designed to reduce environmental impact:<sup>12</sup>

[See the 14-inch MacBook Pro \(M5\) 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 (M4 Pro or M4 Max) is made with 35% recycled content and the 14-inch MacBook Pro (M5) is made with 45% recycled content,<sup>13</sup> including:

100% recycled aluminum in the enclosure

100% recycled rare earth elements in all magnets

100% recycled gold plating and tin solder in multiple printed circuit boards

100% recycled copper in multiple printed circuit boards and a thermal module component

90% recycled steel in the keyboard feature plate

### Energy

45% of manufacturing electricity for the 14-inch MacBook Pro is sourced from low-carbon electricity<sup>14</sup>

ENERGY STAR® certified<sup>15</sup>

### Packaging

100% fiber-based packaging<sup>16</sup>

### Waste

No established final assembly sites generate waste sent to landfill as part of Apple's Zero Waste Program<sup>17</sup>

### Smarter chemistry<sup>18</sup>

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 $L_{PA,m}$ (dB)
<b>Idle</b>	1.3 ( $K_V = 0.3$ )	3
<b>Wireless web</b>	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,  $L_{W_{A,c}}$  (formerly called  $L_{W_{Ad}}$ ) may be computed from the sum of  $L_{W_{A,m}}$  and  $K_v$ .
6. The wireless web test browses 6 tabs with a mix of content including media.
7. Configuration tested: M5, 10-core CPU, 10-core GPU, 24GB unified memory, 1TB storage.

1. 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](https://support.apple.com/121115).
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 September 2025 using preproduction 14-inch MacBook Pro systems with Apple M5, 10-core CPU, 10-core GPU, 24GB 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 and configuration. See [apple.com/batteries](https://apple.com/batteries) for more information.
5. 1GB = 1 billion bytes and 1TB = 1 trillion bytes; actual formatted capacity less.
6. Price varies depending on storage capacity.
7. Wi-Fi 6E available in countries and regions where supported.
8. See [support.apple.com/en-us/102596](https://support.apple.com/en-us/102596) for supported models.
9. Weight varies by configuration and manufacturing process.
10. Some iPhone features (e.g., camera and microphone) are not compatible with iPhone Mirroring.
11. 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.
12. Data accurate as of product launch.
13. 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.
14. 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.
15. ENERGY STAR and the ENERGY STAR mark are registered trademarks owned by the U.S. Environmental Protection Agency.
16. Breakdown of U.S. retail packaging by weight. Adhesives, inks, and coatings are excluded from our calculations of plastic content and packaging weight.
17. All established final assembly supplier sites — those that have been Apple suppliers for more than one year — for the 14-inch 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.
18. 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) - Tech Specs