

14-inch

16-inch

**Finish**

Silver

Space Gray

Price

\$1999

\$2499

\$3099

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
ProRes RAW

Video decode engine

Video encode engine

ProRes encode and
decode engine**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

**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
ProRes RAW

Video decode engine

Video encode engine

ProRes encode and
decode engine**Configurable to:**

M2 Max with 12-core CPU
and 30-core GPU or
M2 Max with 12-core CPU
and 38-core GPU

**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

Video decode engine

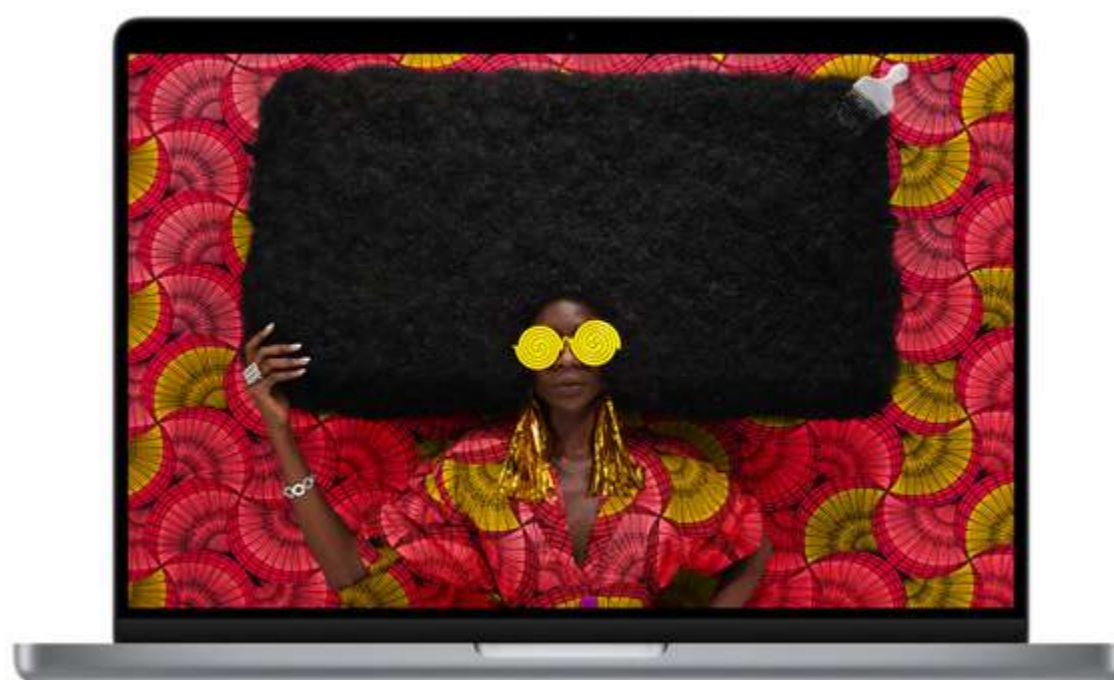
Two video encode engines

Two ProRes encode and
decode engines**Configurable to:**

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

Configurable to:**16GB**

16GB unified memory

Configurable to:**32GB**

32GB unified memory

Configurable to:

32GB (M2 Pro or M2 Max), 64GB (M2 Max), or 96GB (M2 Max with 38-core GPU)	32GB (M2 Pro or M2 Max), 64GB (M2 Max), or 96GB (M2 Max with 38-core GPU)	64GB (M2 Max) or 96GB (M2 Max with 38-core GPU)
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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)



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)⁶

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

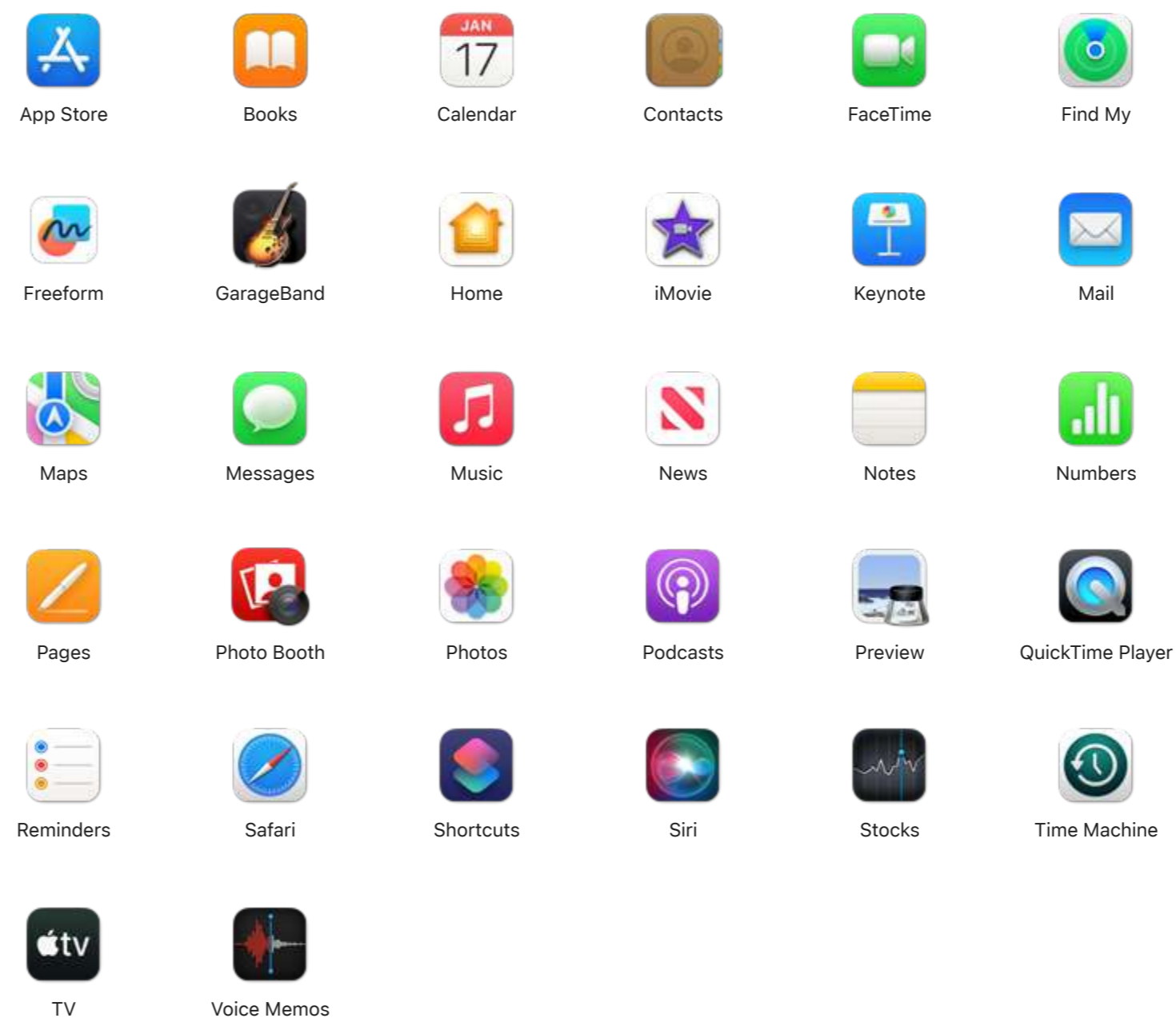
macOS
macOS is the most advanced desktop operating system in the world. macOS Ventura makes the things you do most on Mac even better, so you can work smarter, play harder, and go further.
[Learn more >](#)

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 >](#)

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)

**Limited Warranty and Service**

Your MacBook Pro comes with 90 days of complimentary technical support and a one-year limited warranty. Purchase [AppleCare+ for Mac](#) to extend your coverage from your AppleCare+ purchase date and add unlimited repairs for accidental damage from handling, each subject to a service fee of \$99 for screen damage or external enclosure damage, or \$299 for other repairable accidental damage, plus applicable tax.

[Learn more >](#)

Configure to Order

Configure your MacBook Pro with these options at [apple.com](#):

M2 Pro with 12-core CPU, 19-core GPU, and 16-core Neural Engine

M2 Max with 12-core CPU, 30-core GPU, and 16-core Neural Engine

M2 Max with 12-core CPU, 38-core GPU, and 16-core Neural Engine

32GB unified memory (M2 Pro and M2 Max)

64GB unified memory (M2 Max)

96GB unified memory (M2 Max with 38-core GPU)

1TB, 2TB, 4TB, or 8TB SSD

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



MacBook Pro and the Environment

The 14-inch MacBook Pro is designed with the following features to reduce its environmental impact:⁸

[See the 14-inch MacBook Pro Product Environmental Report >](#)

Made with better materials

Over 30% recycled content in the entire product,⁹ including:

100% recycled aluminum in the enclosure

100% recycled rare earth elements in all magnets

100% recycled tin in the solder of multiple printed circuit boards

Green manufacturing

Apple's Zero Waste Program helps suppliers eliminate waste sent to landfill

All final assembly supplier sites are transitioning to 100% renewable energy for Apple production

Responsible packaging

100% of virgin wood fiber comes from responsibly managed forests

97% fiber-based packaging and no outer plastic wrap¹²

Apple Trade In

100% recycled gold in the plating of multiple printed circuit boards

35% or more recycled plastic in multiple components

Energy efficient

ENERGY STAR® certified¹⁰

Smarter chemistry¹¹

Arsenic-free display glass

Mercury-, BFR-, PVC-, and beryllium-free

Trade in your eligible device for credit toward your next purchase, or get an Apple Gift Card you can use anytime.¹³ If your device isn't eligible for credit, we'll recycle it for free.

[See how it works >](#)

Apple and the Environment

We're committed to making our products without taking from the earth, and to become carbon neutral across our entire business, including products, by 2030.

[See Apple's commitment >](#)

Accessories

Mac Software

[Final Cut Pro](#)

[Logic Pro](#)

Displays and Adapters

[Studio Display](#)

[Pro Display XDR](#)

[LG UltraFine 4K Display](#)

[Thunderbolt 3 \(USB-C\) to Thunderbolt 2 Adapter](#)

[USB-C to USB Adapter](#)

[USB-C Digital AV Multiport Adapter](#)

[USB-C VGA Multiport Adapter](#)

[Belkin USB-C to Gigabit Ethernet Adapter](#)

Other Accessories

[USB-C to Lightning Cable](#)

[USB-C to MagSafe 3 Cable](#)

[USB-C Charge Cable](#)

[67W USB-C Power Adapter](#)

[96W USB-C Power Adapter](#)

[140W USB-C Power Adapter](#)

[Magic Keyboard with Touch ID](#)

[Magic Keyboard with Touch ID and Numeric Keypad](#)

[Magic Keyboard](#)

[Magic Keyboard with Numeric Keypad](#)

[Magic Trackpad](#)

[Magic Mouse](#)

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- 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.
 - Actual rating of 69.6 watt-hours (14-inch model) or 99.6 watt-hours (16-inch model). Testing conducted by Apple in November and December 2022 using preproduction 14-inch MacBook Pro systems with Apple M2 Pro, 12-core CPU, 19-core GPU, 16GB of RAM, and 1TB SSD; and preproduction 16-inch MacBook Pro systems with Apple M2 Pro, 12-core CPU, 19-core GPU, 16GB of RAM, and 1TB SSD. The wireless web test measures battery life by wirelessly browsing 25 popular websites with display brightness set to 8 clicks from bottom. The Apple TV app movie playback test measures battery life by playing back HD 1080p content with display brightness set to 8 clicks from bottom. Battery life varies by use and configuration. See [apple.com/batteries](#) for more information.
 - 1GB = 1 billion bytes and 1TB = 1 trillion bytes; actual formatted capacity less.
 - Wi-Fi 6E connectivity available in countries where supported.
 - Weight varies by configuration and manufacturing process.
 - iMovie, GarageBand, Pages, Numbers, and Keynote are available on the Mac App Store. Downloading apps requires an Apple ID and a device that is compatible with the OS version required for each app.
 - Data accurate as of product launch.
 - Product recycled content is the mass of certified recycled material relative to the overall mass of the device, not including packaging or in-box accessories.
 - ENERGY STAR and the ENERGY STAR mark are registered trademarks owned by the U.S. Environmental Protection Agency.
 - 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.
 - Based on retail packaging as sold by Apple. Fiber content is based on a breakdown of U.S. retail packaging by weight. Adhesives, inks and coatings are excluded from our calculations of plastic content and packaging weight.
 - Trade-in values will vary based on the condition, year, and configuration of your eligible trade-in device. Not all devices are eligible for credit. You must be at least 18 years old to be eligible to trade in for credit or for an Apple Gift Card. Trade-in value may be applied toward qualifying new device purchase, or added to an Apple Gift Card. Actual value awarded is based on receipt of a qualifying device matching the description provided when estimate was made. Sales tax may be assessed on full value of a new device purchase. In-store trade-in requires presentation of a valid photo ID (local law may require saving this information). Offer may not be available in all stores, and may vary between in-store and online trade-in. Some stores may have additional requirements. Apple or its trade-in partners reserve the right to refuse or limit quantity of any trade-in transaction for any reason. More details are available from Apple's trade-in partner for trade-in and recycling of eligible devices. Restrictions and limitations may apply.
- [†] Apple Card Monthly Installments (ACMI) is a 0% APR payment option that is only available if you select it at checkout in the U.S. for eligible Apple products purchased at Apple Store locations, apple.com, the Apple Store app, or by calling 1-800-MY-APPLE, and is subject to credit approval and credit limit. See [support.apple.com/kb/HT211204](#) for more information about eligible products. APR ranges may vary based on when you accepted an Apple Card. Cardholders who accept an Apple Card on and/or after August 10, 2023: Variable APRs for Apple Card, other than ACMI, range from 19.24% to 29.49% based on creditworthiness. Rates as of August 10, 2023. Existing cardholders: See your Customer Agreement for applicable rates and fee. If you buy an ACMI eligible product by choosing to pay in full with Apple Card (instead of using ACMI), that purchase is subject to the Apple Card variable APR, not 0% APR. Taxes and shipping on ACMI purchases are subject to the variable APR, not 0% APR. You'll need to select AT&T, T-Mobile, or Verizon as your carrier when you check out. An iPhone purchased with ACMI is always unlocked, so you can switch carriers at any time. ACMI is not available for purchases made online at the following special stores: Apple Employee Purchase Plan; participating corporate Employee Purchase Programs; Apple at Work for small businesses; Government, and Veterans and Military Purchase Programs, or on refurbished devices. The last month's payment for each product will be the product's purchase price, less all other payments at the monthly payment amount. ACMI financing is subject to change at any time for any reason, including but not limited to, installment term lengths and eligible products. See [support.apple.com/kb/HT211204](#) for information about upcoming changes to ACMI financing. See the [Apple Card Customer Agreement](#) for more information about ACMI financing.

To access and use all the features of Apple Card, you must add Apple Card to Wallet on an iPhone or iPad with the latest version of iOS or iPadOS. Update to the latest version by going to Settings > General > Software Update. Tap Download and Install.

Available for qualifying applicants in the United States.

Apple Card is issued by Goldman Sachs Bank USA, Salt Lake City Branch.

Mac	MacBook Pro	MacBook Pro 14-inch and 16-inch	Tech Specs
Shop and Learn	Account	Apple Store	For Business
Store	Manage Your Apple ID	Find a Store	Apple and Business
Mac	Apple Store Account	Genius Bar	Shop for Business
iPad	iCloud.com	Today at Apple	For Education
iPhone	Entertainment	Apple Camp	Apple and Education
Watch	Apple One	Apple Store App	Shop for K-12
Vision	Apple TV+	Certified Refurbished	Shop for College
AirPods	Apple Music	Apple Trade In	For Healthcare
TV & Home	Apple Arcade	Financing	Apple in Healthcare
AirTag	Apple Fitness+	Carrier Deals at Apple	Health on Apple Watch
Accessories	Apple News+	Order Status	Health Records on iPhone
Gift Cards	Apple Podcasts	Shopping Help	For Government
Apple Wallet	Apple Books		Shop for Government
Wallet	App Store		Shop for Veterans and Military
Apple Card			
Apple Pay			
Apple Cash			
			Apple Values
			Accessibility
			Education
			Environment
			Inclusion and Diversity
			Privacy
			Racial Equity and Justice
			Supplier Responsibility
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			Ethics & Compliance
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