

Lenovo ThinkBook 14 G8 IAL - 14" - Intel Core Ultra 5 - 225U - 16 GB RAM - 512 GB SSD - UK (21SJ0075UK)

Lenovo ThinkBook 14 G8 IAL 21SJ - 180-degree hinge design - Intel Core Ultra 5 - 225U / up to 4.8 GHz - Win 11 Pro - Intel Graphics - 16 GB RAM - 512 GB SSD NVMe - 14" IPS 1920 x 1200 - Gigabit Ethernet - Wi-Fi 6E, Bluetooth - dual tone arctic grey - kbd: UK



The Lenovo ThinkBook 14 G8 IAL combines sleek design and powerful features for professionals who demand versatility and performance. Its 14-inch WUXGA display offers a native resolution of 1920 x 1200, providing clear visuals with an anti-glare finish and Low Blue Light technology to reduce eye strain during extended usage. Equipped with Dolby Audio and a dual array microphone, it ensures an immersive audio experience for calls and media consumption, while the 1080p webcam with privacy shutter adds a layer of security for online meetings. Performance is enhanced with the Intel Core Ultra 5 processor and DDR5 SDRAM, enabling smooth multitasking capabilities. The ThinkBook features connectivity options including USB-C 3.2 Gen 2, USB4/Thunderbolt 4, and HDMI ports for easy integration with various devices. The durable design meets MIL-STD-810H testing standards, ensuring reliability in demanding environments. Whether in the office or on-the-go, this notebook adapts to the user's needs seamlessly.

Key Selling Points

- 14-inch WUXGA display with 1920 x 1200 native resolution
- Dolby Audio for enhanced sound quality
- Durable design meeting MIL-STD-810H standards
- Wide connectivity options including USB-C and Thunderbolt
- Equipped with a 1080p webcam and privacy shutter

Product Features

- Vivid display**
The 14-inch display features a WUXGA native resolution of 1920 x 1200, delivering bright and sharp visuals. With anti-glare technology and a brightness level of 300 cd/m2, users can experience clear images in various lighting conditions.
- Robust audio**
Equipped with Dolby Audio and stereo speakers, the laptop offers a high-definition audio experience. The dual array microphone ensures crisp voice capture for seamless communication during video calls.
- Secure privacy**
The integrated 1080p webcam comes with a privacy shutter, allowing users to control their video feed for added security during online conferences.
- Versatile connectivity**
The ThinkBook 14 includes multiple ports such as USB-C 3.2 Gen 2, USB4/Thunderbolt 4, and HDMI, facilitating easy connectivity with a variety of devices for both work and play.
- Durable design**
Constructed with aluminum and polycarbonate ABS materials, this notebook is MIL-STD-810H tested, ensuring it can withstand tough conditions while maintaining a stylish appearance.

Main Specifications

Product Description	Lenovo ThinkBook 14 G8 IAL - 14" - Intel Core Ultra 5 - 225U - 16 GB RAM - 512 GB SSD - UK
Product Type	Notebook - 180-degree hinge design
Operating System	Win 11 Pro - English
Processor	Intel Core Ultra 5 (Series 2) - 225U / 1.5 GHz, up to 4.8 GHz / 12 MB Cache
Neural Processor Unit (NPU)	Intel AI Boost - up to 12 TOPS
Memory	16 GB DDR5 (1 x 16 GB)
Storage	512 GB SSD - NVMe
Display	14" 1920 x 1200 / WUXGA @ 60 Hz

Graphics	Intel Graphics
Keyboard	UK
Keyboard Backlight	Yes
Integrated Webcam	Yes
Networking	802.11a/b/g/n/ac/ax (Wi-Fi 6E), Bluetooth 5.3, Gigabit Ethernet
Battery	Up to 14.2 hours
Security	Firmware Trusted Platform Module (TPM 2.0) Security Chip, fingerprint reader
Colour	Dual tone arctic grey
Dimensions (WxDxH)	31.35 cm x 22.4 cm x 1.75 cm
Weight	1.36 kg
Localisation	Language: English / region: United Kingdom
Manufacturer Selling Program	Lenovo TopSeller
Environmental Standards	TCO Certified, generation 10, for notebooks, ENERGY STAR Qualified EPEAT Gold
Carbon Footprint	247 kg carbon emissions
Manufacturer Warranty	Limited warranty - 1 year - pick-up and return

Extended Specification

General

Product Type	Notebook - 180-degree hinge design
Operating System	Windows 11 Pro - English

Memory

RAM	16 GB (1 x 16 GB)
Max RAM Supported	64 GB
Technology	DDR5 SDRAM
Speed	2800 MHz
Rated Speed	2800 MHz
Form Factor	SO-DIMM 262-pin
Slots Qty	2
Empty Slots	1

Manufacturer Warranty

Service & Support	Limited warranty - 1 year - pick-up and return
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Storage

Main Storage	512 GB SSD M.2 2242 PCIe 4.0 x4 - NVM Express (NVMe)
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Miscellaneous

Colour	Dual tone arctic grey
Case Material	Aluminium (top), polycarbonate ABS (bottom)
Surface Finish	Anodising sandblasting (top), texture (bottom)
Security	Firmware Trusted Platform Module (TPM 2.0) Security Chip, fingerprint reader
Features	Administrator password, hard drive password, power-on password, MIL-STD-810H tested, Rapid Charge Pro, Modern Standby, self-healing BIOS
Theft/Intrusion Protection	Security lock slot (cable lock sold separately)
Security Slot Type	Kensington nano security slot
Included Accessories	USB-C power adapter
Compliant Standards	RoHS, Energy-Related Products (ErP) Lot 6, Energy-Related Products (ErP) Lot 26, TUV Rheinland Low Blue Light (Software Solution)
Localization	Language: English / region: United Kingdom

Manufacturer Selling Program	Lenovo TopSeller
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Environmental Parameters

Min Operating Temperature	5 °C
Max Operating Temperature	35 °C
Humidity Range Operating	8 - 95%

Software

Software Included	Microsoft Office (Trial)
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Display

Type	14" - IPS
Resolution	1920 x 1200 (WUXGA)
V-Sync Rate at Max Res.	60 Hz
Widescreen	Yes
Image Aspect Ratio	16:10
Image Brightness	300 cd/m²
Horizontal Viewing Angle	+89 / -89
Vertical Viewing Angle	+89 / -89
Colour Gamut	45% NTSC
Features	Anti-glare, Low Blue Light technology

Battery

Technology	Lithium polymer
Capacity	45 Wh
Run Time	Up to 14.2 hours
Battery Run Time	Local video (1080p) playback time (150 nits): up to 14.2 hour(s)

Communications

Wireless	802.11a/b/g/n/ac/ax (Wi-Fi 6E), Bluetooth 5.3
Wireless Controller	M.2 Card
Network Interface	Gigabit Ethernet
Features	Wake-on-LAN (WOL), dual stream (2x2)

Dimensions & Weight

Dimensions (WxDxH)	31.35 cm x 22.4 cm x 1.75 cm
Weight	1.36 kg

Processor / Chipset

CPU	Intel Core Ultra 5 (Series 2) 225U / 1.5 GHz
Max Turbo Speed	4.8 GHz
Number of Cores	12-core
Performance Cores	2
Efficient Cores	10
Cache	12 MB
Features	Integrated memory controller

Audio & Video

Graphics Processor	Intel Graphics
Max Monitors Supported	3 external monitor(s)
Video System Features	DirectX 12.2
Camera	Yes - 1080p

Camera Features	Privacy shutter, Windows Hello, fixed focus, hybrid FHD/IR camera
Sound	Stereo speakers, dual array microphone
Codec	Realtek ALC3287
Compliant Standards	High Definition Audio, Dolby Audio
Audio Features	Input: smart noise-cancelling

Input

Type	Keyboard, touchpad
Keyboard Backlight	Yes
Keyboard Layout	UK
Features	Spill-resistant, multi-touch touchpad, buttonless touchpad, precision touchpad, Copilot key

AC Adapter

Input	AC 100-240 V (50/60 Hz)
Output	65 Watt

Connections & Expansion

Slots	2 x M.2 (PCI Express 4.0 x4) (1 free)
Interfaces Details	USB 3.2 Gen 1 USB 3.2 Gen 1 (Always On) USB-C 3.2 Gen 2 (supports DisplayPort 1.4 Alt Mode) (Power Delivery 3.0) USB4 (supports Thunderbolt 4, DisplayPort 2.1 Alt Mode) (Power Delivery 3.0) HDMI (4K support) LAN Headphone/microphone combo jack
Memory Card Reader	Yes (SD Card)

Sustainability Information

TCO Certified	- TCO Certified, generation 10, for notebooks
EPEAT Compliant	EPEAT Gold
ENERGY STAR Certified	Yes
Carbon Footprint	247 kg carbon emissions
Total CF/unit Standard Deviation (kg CO2e)	43
PAIA Version	1.4.6

Neural Processor Unit (NPU)

Neural Processor Unit (NPU)	Intel AI Boost
NPU Performance Up To (TOPS)	12 TOPS
AI Datatype Support on NPU	INT8
Sparsity Support	Yes
AI Software Frameworks Supported by NPU	DirectML, OpenVINO, WindowsML, ONNX RT
Windows Studio Effects Support	Yes

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