

Apple MacBook Pro(MX2J3B/A)

MacBook Pro 14inch M4 Pro chip with 14-core CPU and 20-core GPU 24GB RAM 1TB SSD Space Black Z1FF



MacBook Pro with M4 Pro chip gives you outrageous performance in a powerhouse laptop built for Apple Intelligence [1]. With up to 24 hours of battery life [2] and a breathtaking 14-inch or 16-inch Liquid Retina XDR display [3] with up to 1,600 nits peak brightness, it's pro in every way.

Key Selling Points

MacBook Pro. Outrageous speed. Brilliant display. Pro without equal.

Product Features

SUPERCHARGED BY M4 PRO - The M4 Pro chip blazes through demanding tasks like compiling millions of lines of code.

BUILT FOR APPLE INTELLIGENCE [1] - 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.

UP TO 24 HOURS OF BATTERY LIFE [2] - The MacBook Pro delivers the same exceptional performance whether it's running on battery or plugged in.

APPS FLY WITH APPLE SILICON [3] - All your favorites, including Microsoft 365 and Adobe Creative Cloud, run lightning fast in macOS.

IF YOU LOVE IPHONE, YOU'LL LOVE MAC - Mac works like magic with your other Apple devices. View and control what's on your iPhone from your Mac with iPhone Mirroring [4]. Copy something on iPhone and paste it on Mac. Send texts with Messages or use your Mac to make and answer FaceTime calls [5].

BRILLIANT PRO DISPLAY - The Liquid Retina XDR display [6] features 1,600 nits peak brightness and up to 1,000 nits sustained brightness, 1,000,000:1 contrast.

ADVANCED CAMERA AND AUDIO - Stay perfectly framed and sound great with a 12MP Center Stage camera, three studio-quality mics and six speakers with Spatial Audio with support for Dolby Atmos.

CONNECT IT ALL - The MacBook Pro features three Thunderbolt 5 ports, a MagSafe 3 charging port, SDXC card slot, HDMI port and headphone jack. And it supports up to two external displays with M4 Pro.

PRIVACY AND SECURITY ARE BUILT RIGHT IN - Every Mac comes with robust defenses against viruses and malware. If your Mac is lost or stolen, Find My can help you get it back. FileVault makes sure your files are encrypted so others cannot access them. And free security updates help keep your Mac protected.

Legal ||

Configurable options are available.

[1] Apple Intelligence is available in beta on all Mac models with M1 and later, with Siri and device language set to US English, as a macOS Sequoia update. English (Australia, Canada, Ireland, New Zealand, South Africa, UK) language support available this December. Some features and support for additional languages, like Chinese, English (India, Singapore), French, German, Italian, Japanese, Korean, Portuguese, Spanish, Vietnamese and others, will be coming over the course of the next year.

[2] Battery life varies by use and configuration. See apple.com/uk/batteries for more information.

[3] Apps are available on the App Store. Software and content may be sold separately. Title availability is subject to change.

[4] Available on Mac computers with Apple silicon and Intel-based Mac computers with a T2 Security Chip. Requires that your iPhone and Mac are signed in with the same Apple Account using two-factor authentication, your iPhone and Mac are near each other and have Bluetooth and Wi-Fi turned on, and your Mac is not using AirPlay or Sidecar. Some iPhone features (e.g., camera and microphone) are not compatible with iPhone Mirroring.

[5] FaceTime is not available in all countries or regions.

[6] 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).

Main Specifications

Product Description	Apple MacBook Pro - 14.2" - Apple M4 Pro - 24 GB RAM - 1 TB SSD - UK
Product Type	Notebook
Operating System	macOS Sequoia 15.0
Processor	Apple M4 Pro
Neural Processor Unit (NPU)	16-core Neural Engine
Memory	24 GB (unified memory)
Storage	1 TB SSD
Display	14.2" 3024 x 1964 @ 120 Hz - 254 ppi
Graphics	Apple M4 Pro 20-core
Input Device	Force Touch trackpad
Keyboard	UK
Keyboard Backlight	Yes
Integrated Webcam	Yes
Apple Intelligence	Yes
Networking	802.11a/b/g/n/ac/ax (Wi-Fi 6E), Bluetooth 5.3
Battery	Up to 22 hours
Features	Ambient light sensor
Security	Fingerprint reader
Colour	Space black
Dimensions (WxDxH)	31.26 cm x 22.12 cm x 1.55 cm
Weight	1.6 kg
Localisation	Language: English / region: United Kingdom
Environmental Standards	ENERGY STAR Qualified
Rare Earth Materials	98% recycled rare earth elements
Manufacturer Warranty	Limited warranty - 1 year Technical support - phone consulting - 90 days

Extended Specification

General

Product Type	Notebook
Operating System	Apple macOS Sequoia 15.0

Memory

RAM	24 GB (unified memory)
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Manufacturer Warranty

Service & Support	Limited warranty - 1 year Technical support - phone consulting - 90 days
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Storage

Main Storage	1 TB SSD soldered
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Miscellaneous

Colour	Space black
Case Material	Aluminum
Integrated Options	Ambient light sensor
Security	Fingerprint reader

Features	VoiceOver screen reader, Dictation, Voice Control, Closed Captions, Switch Control, reduce motion, text to speech, increase contrast
Included Accessories	USB-C power adapter, USB-C to MagSafe 3 charge cable (2m)
Localization	Language: English / region: United Kingdom

Environmental Parameters

Min Operating Temperature	10 °C
Max Operating Temperature	35 °C
Humidity Range Operating	0 - 90% (non-condensing)

Software

Software Included	Apple iMovie, Apple Safari, Apple GarageBand, Photo Booth, Apple Time Machine, Apple FaceTime, Apple Preview, Mail, Maps, Photos, Reminders, App Store, Music, Contacts, Stocks, Notes, Weather, Calendar, Siri, Messages, Apple Keynote, Apple Pages, Apple Numbers, News, Voice Memos, Podcasts, Home, Apple TV, Find My, Apple Books, Apple Shortcuts, Apple QuickTime Player, Apple Freeform, iPhone Mirroring
Apple Intelligence	Yes

Display

Type	14.2"
Resolution	3024 x 1964
V-Sync Rate at Max Res.	120 Hz
Widescreen	Yes
Pixel Density (ppi)	254
Image Brightness	1000 cd/m²
Colour Support	1 billion colours
Features	BFR/PVC-free, Mercury free, Zoom, arsenic-free glass, ProMotion technology, HDR10 compatible, HLG gamma, P3 Wide Color Gamut, Extreme Dynamic Range (XDR), True Tone technology, standard glass, Dolby Vision, 1000 cd/m² max full-screen brightness, 1600 cd/m² peak brightness (HDR), HDR10+, Liquid Retina XDR display, HDR compliance
Keyboard Name	Apple Magic Keyboard with Touch ID

Battery

Technology	Lithium polymer
Capacity	72.4 Wh
Run Time	Up to 22 hours
Battery Run Time	Video playback: up to 22 hours Web browsing over Wi-Fi: up to 14 hours

Communications

Wireless	802.11a/b/g/n/ac/ax (Wi-Fi 6E), Bluetooth 5.3
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Dimensions & Weight

Dimensions (WxDxH)	31.26 cm x 22.12 cm x 1.55 cm
Weight	1.6 kg

Processor / Chipset

CPU	Apple M4 Pro
Number of Cores	14-core
Features	Hardware-accelerated ray tracing, 273 GB/s memory bandwidth

Audio & Video

Graphics Processor	Apple M4 Pro 20-core
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Max Monitors Supported	2 external monitor(s)
Video System Features	Hardware-accelerated H.264, HEVC, ProRes and ProRes RAW, video decode engine, ProRes encode and decode engine, video encode engine, AV1 decode
Camera	Yes - 1080p
Resolution	12 Megapixel
Camera Features	Advanced image signal processor (ISP), FaceTime 1080p HD camera, desk view support, centre stage camera
Sound	Six speakers, 3 beam-forming microphone array
Compliant Standards	Dolby Digital Plus, Dolby Atmos, Dolby Digital
Audio Features	Output: 4 force-cancelling woofers, wide stereo sound, Spatial Audio support

Input

Type	Keyboard, Force Touch trackpad
Keyboard Backlight	Yes
Keyboard Layout	UK
Features	Pressure sensitivity, multi-touch touchpad, Multi-Touch Gesture Recognition, force click, Touch ID sensor

AC Adapter

Input	AC 100-240 V (50/60 Hz)
Output	96 Watt

Connections & Expansion

Interfaces Details	3 x USB4/Thunderbolt 5/DisplayPort 2.1 (charging) Headphone output HDMI
Memory Card Reader	Yes (SDXC Card)

Sustainability Information

ENERGY STAR Certified	Yes
Rare Earth Materials	98% recycled rare earth elements
Product Recycled Content	35 % - recycled materials
Packaging Recycled Content	51 % - recycled fibre

Neural Processor Unit (NPU)

Neural Processor Unit (NPU)	16-core Neural Engine
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What's in the box

Apple MacBook Pro
USB-C power adapter, USB-C to MagSafe 3 charge cable (2m)

Product data is provided by CNET, we do not warrant the accuracy and completeness of the material contained in this data sheet