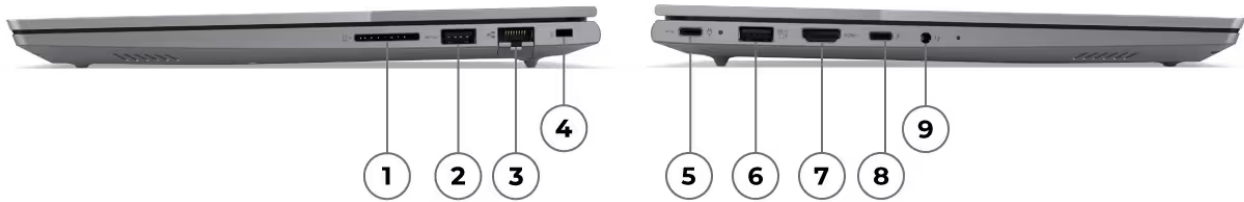


## OVERVIEW



1. SD card reader	6. USB-A (USB 5Gbps), Always On
2. USB-A (USB 5Gbps)	7. HDMI
3. Ethernet (RJ-45)	8. Thunderbolt 4
4. Kensington Nano Security Slot	9. Headphone / microphone combo jack (3.5mm)
5. USB-C (USB 10Gbps), with PD 3.0 & DP 1.4	

## PERFORMANCE

### Processor

#### Processor Family

Intel® U or H Series Core Ultra 5 / 7 Processor (Series 1)

#### Processor\*\*

Processor Name	Cores	Threads	Base Frequency	Max Frequency	Cache	Processor Graphics	Intel® vPro® Eligibility	NPU
Core Ultra 5 125H	14 (4 P-core + 8 E-core + 2 LP E-core)	18	P-core 1.2GHz / E-core 700MHz / LP E-core 700MHz	P-core 4.5GHz / E-core 3.6GHz / LP E-core 2.5GHz	18MB Intel® Smart Cache	Intel® Arc™ Graphics <sup>[1]</sup>	Intel® vPro® Essentials	Intel® AI Boost
Core Ultra 5 125U	12 (2 P-core + 8 E-core + 2 LP E-core)	14	P-core 1.3GHz / E-core 800MHz / LP E-core 700MHz	P-core 4.3GHz / E-core 3.6GHz / LP E-core 2.1GHz	12MB Intel® Smart Cache	Intel® Graphics	Intel® vPro® Essentials	Intel® AI Boost
Core Ultra 7 155H	16 (6 P-core + 8 E-core + 2 LP E-core)	22	P-core 1.4GHz / E-core 900MHz / LP E-core 700MHz	P-core 4.8GHz / E-core 3.8GHz / LP E-core 2.5GHz	24MB Intel® Smart Cache	Intel® Arc™ Graphics <sup>[2]</sup>	Intel® vPro® Essentials	Intel® AI Boost
Core Ultra 7 155U	12 (2 P-core + 8 E-core + 2 LP E-core)	14	P-core 1.7GHz / E-core 1.2GHz / LP E-core 700MHz	P-core 4.8GHz / E-core 3.8GHz / LP E-core 2.1GHz	12MB Intel® Smart Cache	Intel® Graphics	Intel® vPro® Essentials	Intel® AI Boost

Notes:

[1], [2] Intel® Arc™ Graphics only available on select H-series Intel® Core™ Ultra processor powered systems with at least 16GB of system memory in a dual-channel configurations, otherwise it will function as Intel® Graphics.

### AI (Artificial Intelligence)

#### AI PC Category

AI PC<sup>[1]</sup>

#### NPU

Integrated Intel® AI Boost, up to 11 TOPS

Notes:

[1] AI PCs have a NPU capable of 10+ TOPs to run the Copilot assistant by pressing the optional Microsoft® Copilot key or using Win + C.

### Operating System

#### Operating System\*\*<sup>[1]</sup>

- Windows® 11 Pro
- Windows® 11 Home
- Windows® 11 Home Single Language
- No preload operating system

Notes:

[1] Windows® 11 Pro Education license can be requested for EMEA Education Customers only with limited specs. Any request please contact Lenovo® Sales Representative for more information.

### Graphics

#### Graphics\*\*

Graphics	Type	Memory	TGP	Key Features
Intel® Arc™ Graphics <sup>[1]</sup>	Integrated	Shared	Share CPU TDP	DirectX® 12.2
Intel® Graphics	Integrated	Shared	Share CPU TDP	DirectX® 12.1

## Notes:

[1] Intel® Arc™ Graphics only available on select H-series Intel® Core™ Ultra processor powered systems with at least 16GB of system memory in a dual-channel configurations, otherwise it will function as Intel® Graphics.

## Monitor Support

### Monitor Support

Supports up to 4 independent displays (native display and 3 external monitors via HDMI®, USB-C® and Thunderbolt™)

- HDMI® supports up to 4096x2160@60Hz
- USB-C® supports up to 5120x2880@60Hz
- Thunderbolt™ supports up to 5120x2880@60Hz

## Chipset

### Chipset

Intel® SoC (System on Chip) platform

## Memory

### Max Memory<sup>[1]</sup>

Up to 64GB DDR5-5600

### Memory Slots

Two DDR5 SODIMM slots, dual-channel capable

### Memory Type

DDR5-5600

## Notes:

[1] The max memory is based on the technical readiness of the system. Available memory to sell would vary.

## Storage

### Max Storage Support<sup>[1]</sup>

Up to two drives, 2x M.2 SSD

- M.2 2280 SSD up to 2TB each<sup>[2]</sup>

### Storage Slot<sup>[3]</sup>

Two M.2 2280 PCIe® 4.0 x4 slots

### Storage Type

Disk Type	Interface	Offering
M.2 2242 SSD	PCIe® NVMe®, PCIe® 4.0 x4	256GB / 512GB / 1TB

## Notes:

[1] The system supports dual SSD via two M.2 slots, but Lenovo® offers only one SSD configuration with a second slot for user self-expansion.

[2] The max storage capacity is only technical readiness and may be different from current Lenovo® storage offerings.

[3] The actual data transfer rate of the following PCIe® interface also depends on the capabilities of the connected PCIe® device. The listed values represent theoretical maximums.

PCIe® 3.0 (x2 / x4): 2 GB/s (16 Gbps) / 4 GB/s (32 Gbps);

PCIe® 4.0 (x2 / x4): 4 GB/s (32 Gbps) / 8 GB/s (64 Gbps);

PCIe® 5.0 (x2 / x4): 8 GB/s (64 Gbps) / 16 GB/s (128 Gbps).

## Removable Storage

### Card Reader

SD card reader

## Multi-Media

### Audio Chip

High Definition (HD) Audio, Realtek® ALC3287 codec

### Speakers

Stereo speakers, 2W x2, Dolby Audio™

## Microphone

Dual-microphone array with smart noise-cancelling

## Camera\*\*

- HD 720p, with privacy shutter, fixed focus
- FHD 1080p + IR hybrid, with privacy shutter, fixed focus
- FHD 1080p, with privacy shutter, fixed focus

## Battery

### Battery\*\*

- 45Wh Rechargeable Li-ion Battery, supports Rapid Charge Pro (charge up to 50% in 30min)
- 60Wh Rechargeable Li-ion Battery, supports Rapid Charge (charge up to 80% in 1hr)

### Max Battery Life<sup>[1]</sup>

- Models with 45Wh battery:
  - MobileMark® 25: 6.5 hr
  - Local video (1080p) playback@150nits: 13.01 hr
- Models with 60Wh battery:
  - MobileMark® 25: 9.22 hr
  - Local video (1080p) playback@150nits: 21.9 hr

Notes:

[1] All battery life claims are approximate maximum and based on results using the MobileMark® 2014, MobileMark® 2018, MobileMark® 25, MobileMark® 30, JEITA 2.0, JEITA 3.0, continuous 1080p video playback (with 150nits brightness and default volume level) or Google Power Load Test (PLT) battery-life benchmark tests. Actual battery life will vary depending on many factors such as product configuration and usage, software use, wireless functionality, power management settings, and screen brightness. The maximum capacity of the battery will decrease with time and use.

## Power Adapter

### Power Adapter\*\*<sup>[1]</sup>

- 65W USB-C® (3-pin) AC adapter, supports PD 3.0, 100-240V, 50-60Hz
- 65W USB-C® slim (wall-mount) AC adapter, supports PD 3.0, 100-240V, 50-60Hz
- 100W USB-C® slim (3-pin) AC adapter, supports PD 3.0, 100-240V, 50-60Hz

Notes:

[1] AC adapter offerings depend on the country.

## Special Features

### Special Features

Modern Standby

## DESIGN

## Display

### Display\*\*

Size	Resolution	Touch	Type	Brightness	Surface	Aspect Ratio	Contrast Ratio	Color Gamut	Refresh Rate	Viewing Angle (L/R/U/D)	Key Features
14"	WUXGA (1920x1200)	Non-touch	IPS <sup>[1]</sup>	300nits	Anti-glare	16:10	1000:1	45% NTSC	60Hz	89° / 89° / 89° / 89°	TÜV Low Blue Light (Software)
14"	WUXGA (1920x1200)	Multi-touch	IPS <sup>[2]</sup>	300nits	Anti-glare	16:10	1000:1	45% NTSC	60Hz	89° / 89° / 89° / 89°	TÜV Low Blue Light (Software)
14"	WUXGA (1920x1200)	Non-touch	IPS <sup>[3]</sup>	300nits	Anti-glare	16:10	1000:1	100% sRGB	60Hz	89° / 89° / 89° / 89°	Eyesafe® Certified 2.0
14"	2.8K (2880x1800)	Non-touch	IPS <sup>[4]</sup>	400nits	Anti-glare	16:10	1500:1	100% sRGB	120Hz (Max)	89° / 89° / 89° / 89°	Eyesafe® Certified 2.0

**Touchscreen**

- Add-on Film Touch, supports 10-point touch
- Non-touch

**Screen-to-Body Ratio**

90%

Notes:

[1], [2], [3], [4] IPS (in-plane switching) technology may refer to IPS, PLS, ADS, AHVA, AAS.

**Input Device****Pen**

No support

**Keyboard**

6-row, spill-resistant, multimedia Fn keys, key travel 1.5mm, Copilot key

**Keyboard Backlight**

- LED backlight
- Non-backlight

**Touchpad**

Buttonless Mylar® surface multi-touch touchpad, supports Precision TouchPad (PTP), 75 x 120 mm (2.95 x 4.72 inches)

**Mechanical****Dimensions (WxDxH)<sup>[1]</sup>**

Models	Dimensions
Models with aluminium (top) and PC-ABS (bottom)	313.5 x 224 x 17.6 mm (12.34 x 8.82 x 0.69 inches)
Models with aluminium (top) and aluminium (bottom)	313.5 x 224 x 16.9 mm (12.34 x 8.82 x 0.67 inches)

**Weight<sup>[2]</sup>**

Models	Weight
Models with aluminium (top) and PC-ABS (bottom)	Starting at 1.36 kg (2.99 lbs)
Models with aluminium (top) and aluminium (bottom)	Starting at 1.38 kg (3.04 lbs)

**Case Color**

Arctic grey, dual-tone design

**Case Material\*\***

- Aluminium (top), PC-ABS (bottom)
- Aluminium (top), aluminium (bottom)

**Surface Treatment**

Anodizing sandblasting

Notes:

[1] The system dimensions may vary depending on configurations.

[2] The system weight is approximate and based on results in Lenovo® lab, which varies depending on the source of component, variance of the distribution of each component, and manufacturing process. It may not be the exact weight for each specific model.

**CONNECTIVITY****Network****WLAN + Bluetooth®\*\*<sup>[1]</sup>**

- Wi-Fi® 6, 802.11ax 2x2 Wi-Fi® + Bluetooth® 5.2, M.2 card
- Intel® Wi-Fi® 6 AX203, 802.11ax 2x2 Wi-Fi® + Bluetooth® 5.2, M.2 card
- Wi-Fi® 6E, 802.11ax 2x2 Wi-Fi® + Bluetooth® 5.3, Intel® vPro® technology support, M.2 card<sup>[2]</sup>
- Wi-Fi® 6E, 802.11ax 2x2 Wi-Fi® + Bluetooth® 5.3, M.2 card
- Intel® Wi-Fi® 6E AX211, 802.11ax 2x2 Wi-Fi® + Bluetooth® 5.3, M.2 card

## WWAN

No support

## Ethernet\*\*<sup>[3]</sup>

- Gigabit Ethernet, Intel® Ethernet Connection I219-LM (vPro® models), 1x RJ-45, supports Wake-on-LAN
- Gigabit Ethernet, Intel® Ethernet Connection I219-V (non-vPro® models), 1x RJ-45, supports Wake-on-LAN

Notes:

[1] Wi-Fi® operation (including Wi-Fi® 6, Wi-Fi® 6E, Wi-Fi® 7, etc.) is subject to the regulatory requirements of each country. Bluetooth® may operate at a lower version than hardware design depending on the factors such as operating system, driver, etc.

[2] Intel® vPro® platform requires the hardware and software necessary to deliver the manageability use cases, security features, system performance, and stability that define the platform. For detailed vPro® support information, please refer to the System Management section.

[3] Wake-on-LAN needs the power adapter plugged in.

## Ports<sup>[1]</sup>

### Standard Ports

- 1x USB-A (USB 5Gbps / USB 3.2 Gen 1)
- 1x USB-A (USB 5Gbps / USB 3.2 Gen 1), Always On
- 1x USB-C® (USB 10Gbps / USB 3.2 Gen 2), with USB PD 3.0 and DisplayPort™ 1.4
- 1x USB-C® (Thunderbolt™ 4 / USB4® 40Gbps), with USB PD 3.0 and DisplayPort™ 2.1
- 1x HDMI® 2.1, up to 4K/60Hz
- 1x Headphone / microphone combo jack (3.5mm)
- 1x Ethernet (RJ-45)
- 1x SD card reader

Notes:

[1] The transfer speed of the ports will vary and, depending on many factors, such as the processing speed of the host device, file attributes and other factors related to system configuration and your operating environment, will be slower than theoretical speed.

## Docking

### Docking

Various docking solutions supported via Thunderbolt™ or USB-C®.

For more compatible docking solutions, please visit [Docking for ThinkBook® 14 G7 IML](#)

## SECURITY & PRIVACY

### Security

#### Security Chip<sup>[1]</sup>

Firmware TPM 2.0 integrated in SoC

#### Physical Locks

Kensington® Nano Security Slot™, 2.5 x 6 mm

#### Fingerprint Reader

- Touch style fingerprint reader integrated in power button, match-on-chip
- No fingerprint reader

#### BIOS Security

- Hard disk password
- Power-on password
- Supervisor password
- User password
- Self-healing BIOS
- More BIOS security features, please visit [BIOS Simulator](#)<sup>[2]</sup>

#### Other Security

- Camera privacy shutter
- (Optional) IR camera for Windows® Hello (facial recognition)

## Notes:

[1] The Discrete TPM 2.0 is technical readiness.

[2] The BIOS simulator is just for reference. Default settings and some options may vary depending on the hardware, operating system and BIOS version.

## MANAGEABILITY

### System Management

#### System Management<sup>[1]</sup>

- Intel® vPro® Essentials<sup>[2]</sup>
- Non-vPro®

## Notes:

[1] Intel® vPro® platform require an eligible Intel® processor, a supported operating system, Intel® LAN and/or WLAN silicon, firmware enhancements, and other hardware and software necessary to deliver the manageability use cases, security features, system performance, and stability that define the platform. See [Intel® vPro® Platform](#) for details.

[2] Intel® vPro® offers a superset of DASH's defined capabilities.

## SERVICE

### Warranty

#### Base Warranty\*\*

- 1-year courier or carry-in service
- 2-year (1-yr battery) courier or carry-in service

## ACCESSORIES

### Bundled Accessories

#### Bundled Accessories<sup>[1]</sup>

- Lenovo® 15.6" laptop casual toploader, polyester
- None

## Notes:

[1] For more compatible accessory solutions, please visit [Accessories for ThinkBook® 14 G7 IML](#).

## OPERATING REQUIREMENTS

### Operating Environment

#### Temperature<sup>[1]</sup>

- At altitudes up to 2438 m (8,000 ft)
  - Operating: 5°C to 35°C (41°F to 95°F)
  - Storage: 5°C to 43°C (41°F to 109°F)
- At altitudes above 2438 m (8,000 ft)
  - Maximum temperature when operating under the unpressurized condition: 31.3°C (88°F)

#### Relative Humidity

- Operating: 8% to 95% at wet-bulb temperature 23°C (73°F)
- Storage: 5% to 95% at wet-bulb temperature 27°C (81°F)

#### Altitude

Maximum altitude (without pressurization): 3048 m (10,000 ft)

## Notes:

[1] When you charge the battery, its temperature must be no lower than 10°C (50°F).

## ENVIRONMENTAL

## Sustainability

### Material<sup>[1]</sup>

25% PCC recycled plastic used in the battery pack enclosure  
50% PCC recycled plastic used in key caps  
30% PCC recycled plastic used in speaker  
90% PCC recycled plastic used in standard 65W adapter  
97% recycled content in PIC cushion  
90% recycled content in OBP bag  
FSC certified content in carton box

Notes:

[1] PCC: Post Consumer Content, recycled materials from customers.

## CERTIFICATIONS

### Green Certifications<sup>[1]</sup>

#### Green Certifications<sup>[2]</sup>

- ENERGY STAR® 9.0
- EPEAT™ Gold Registered<sup>[3]</sup>
- ErP Lot 6/26
- RoHS compliant
- TCO Certified 9.0

Notes:

[1] The items listed under the "Green Certifications" section may not only refer to certification but also registration or self-declaration. For ESG & regulatory compliance documents, please visit <https://compliance.lenovo.com>.

[2] EPEAT™ registration and ENERGY STAR® certification are optional and only available on the models with preloaded OS. Please visit [epeat.net](http://epeat.net) and [energystar.gov](http://energystar.gov) for more information.

[3] EPEAT™ is registered where applicable, please visit [epeat.net](http://epeat.net) for registration status by country.

### Other Certifications

#### Mil-Spec Test

MIL-STD-810H military test passed

#### Other Certifications

- (Optional) Eyesafe® Certified 2.0
- (Optional) TÜV Rheinland® Low Blue Light (Hardware Solution)
- (Optional) TÜV Rheinland® Low Blue Light (Software Solution)

• Feature with \*\* means that only one option listed under the feature can be configured on selected models. Please refer to the model configuration for specific information.

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