



MacBook Pro

First Look

The 14-inch and 16-inch MacBook Pro combine the power of M4, M4 Pro, and M4 Max with the incredible features of Apple Intelligence¹ to deliver even more features, capabilities, and performance. The new MacBook Pro features a faster CPU and GPU, increased memory bandwidth, and a Neural Engine that's twice as fast, all while delivering even longer battery life—up to 24 hours.² The industry-leading Liquid Retina XDR display gets even better with up to 1000 nits of brightness for SDR content in bright lighting conditions and a nano-texture display option that dramatically reduces reflections and glare. And the 14-inch MacBook Pro with M4 now starts with 16GB of unified memory. MacBook Pro is built for Apple Intelligence,¹ which transforms the way you communicate, express yourself, and get things done. Available in space black and silver, MacBook Pro is ready for the most demanding workflows.



	14-inch					16-inch						
Apple Retail price (U.S.)	\$1599	\$1799	\$1999	\$1999	\$2399	\$3199	\$2499	\$2899	\$3499	\$3999		
Compute	Apple M4 chip 10-core CPU with four performance and six efficiency cores, 10-core GPU, and 16-core Neural Engine		Apple M4 Pro chip 12-core CPU with eight performance and four efficiency cores, 16-core GPU, and 16-core Neural Engine		Apple M4 Pro chip 14-core CPU with 10 performance and four efficiency cores, 20-core GPU, and 16-core Neural Engine		Apple M4 Max chip 14-core CPU with 10 performance and four efficiency cores, 32-core GPU, and 16-core Neural Engine		Apple M4 Pro chip 14-core CPU with 10 performance and four efficiency cores, 20-core GPU, and 16-core Neural Engine		Apple M4 Max chip 14-core CPU with 10 performance and four efficiency cores, 32-core GPU, and 16-core Neural Engine	
Unified memory	16GB	16GB	24GB	24GB	24GB	36GB	24GB	48GB	36GB	48GB		
SSD storage	512GB	1TB	1TB	512GB	1TB	1TB	512GB	512GB	1TB	1TB		
Ports	Three Thunderbolt 4 ports, HDMI, SDXC card slot, MagSafe 3 port, 3.5 mm headphone jack			Three Thunderbolt 5 ports, HDMI, SDXC card slot, MagSafe 3 port, 3.5 mm headphone jack			Three Thunderbolt 5 ports, HDMI, SDXC card slot, MagSafe 3 port, 3.5 mm headphone jack					
Display	14.2-inch or 16.2-inch (diagonal) Liquid Retina XDR display, up to 1000 nits SDR brightness (outdoors), 1000 nits sustained HDR brightness, 1600 nits HDR peak brightness, wide color (P3), 1 billion colors, True Tone, 1,000,000:1 contrast ratio, ProMotion; configurable to nano-texture display											
Finish	Space Black, Silver											

Key messages

Powerful performance

- All models are supercharged by the M4 family of chips, built using industry-leading enhanced 3 nanometer technology, for even more performance and power efficiency
- Features the world's fastest CPU core and incredible multi-threaded performance and next-generation GPU architecture, with 2x faster hardware-accelerated ray tracing engines
- Neural Engine is over 3x faster than M1,³ so AI tasks like image upscaling and creating video captions as well as on-device Apple Intelligence¹ features are incredibly fast
- Delivers up to 66 streams of 4K or 15 streams of 8K ProRes 422 picture-in-picture playback³

M4 chip

- Features a 10-core CPU and 10-core GPU
- Starts with 16GB of faster unified memory and supports up to 32GB unified memory
- Supports up to two external displays
- Handles multi-tasking and creative apps with ease and can tackle even demanding AI workloads with the faster Neural Engine, so it's ideal for productivity or everyday tasks

M4 Pro chip

- Features up to a 14-core CPU and up to a 20-core GPU
- Supports 24GB or 48GB of faster unified memory
- Supports up to two external displays
- Powerhouse for creative tasks like video editing and music production, software and app development, gaming, medical imaging, AI workflows, and more

M4 Max chip

- Offers up to a 16-core CPU and up to a 40-core GPU
- Supports from 36GB to up to 128GB of faster unified memory
- Supports up to four external displays
- Ready for the most demanding tasks, from cinema-grade video creation and grading to 3D design and animation, film scoring, and large language model training

Apple Intelligence¹ and macOS Sequoia

- Every Mac with Apple silicon is built for Apple Intelligence¹ to help you write, express yourself, and get things done effortlessly
- With groundbreaking privacy protections, Apple Intelligence¹ gives you peace of mind that no one else can access your data—not even Apple
- macOS Sequoia comes with Apple Intelligence¹ and new features to help you be more creative and productive, like iPhone Mirroring,⁴ window tiling, a big update to Safari, a Passwords app, and more

Liquid Retina XDR display

- Features 1,000,000:1 contrast ratio and up to 1600 nits of brightness for extreme dynamic range, so HDR content is even more true to life
- SDR brightness is increased up to 1000 nits in bright outdoor environments, so you can see what's on the screen more clearly outside.
- ProMotion automatically adjusts the refresh rate so you get ultrasmooth scrolling and incredible responsiveness
- Nano-texture display option substantially reduces reflections and glare while maintaining an excellent viewing experience and display durability

Connectivity

- Models with M4 Pro and M4 Max chips feature three Thunderbolt 5 ports with transfer speeds of up to 120Gb/s, so pros can connect more high-end gear with a single cable
- 14-inch MacBook Pro with M4 features three Thunderbolt 4 ports with transfer speeds of up to 40Gb/s
- All models also feature a MagSafe 3 port, HDMI port, and an SDXC card slot

12MP Center Stage camera

- Stay centered in the frame as you move around with Center Stage
- Share the workspace in front of your MacBook Pro with Desk View, adding a new dimension to your video calls

Immersive audio

- High-fidelity, six-speaker sound system features four force-cancelling woofers
- Studio-quality, three-mic array with high signal-to-noise ratio and directional beamforming delivers exceptional clarity in recordings

Essential additions

- AppleCare+, Thunderbolt Pro cables, USB-C to USB Adapter, Final Cut Pro, Logic Pro, 96W USB-C Power Adapter for fast-charging on 14-inch models with M4 and M4 Pro with up to a 12-core CPU

Advantages of upgrading from an Intel-based MacBook Pro

- Get up to 20x faster performance than Intel-based MacBook Pro³
- Get up to 14 hours more battery life than before, with up to 24 hours total,² and fast-charge from 0 percent to 50 percent battery in about 30 minutes²
- Get the amazing features of Apple Intelligence¹
- Experience the best display ever in a laptop with the Liquid Retina XDR display
- Take video conferencing to the next level with the 12MP Center Stage camera

¹ Apple Intelligence is available in beta on all Mac models with M1 and later, with Siri and device language set to U.S. English, as a macOS Sequoia update. English (Australia, Canada, New Zealand, South Africa, UK) language support available in December 2024. 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/batteries for more information. Charge time varies with region, settings, and environmental factors; actual results will vary. ³ For performance testing details, see www.apple.com/macbook-pro. 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, your Mac is on macOS Sequoia, your iPhone is on iOS 18, and your Mac is not using AirPlay or Sidecar. Some iPhone features (e.g., camera and microphone) are not compatible with iPhone Mirroring. Not currently available in the European Union.