

## PERFORMANCE

### Processor

Intel® Core™ Ultra 5 125U, 12C (2P + 8E + 2LPE) / 14T, Max Turbo up to 4.3GHz, 12MB

### NPU

Intel® AI Boost integrated in Intel® Core™ Ultra processor

### Graphics

Integrated Intel® Graphics

### Chipset

Intel® SoC Platform

### Memory

1x 8GB SO-DIMM DDR5-5600

### Memory Slots

Two DDR5 SO-DIMM slots, dual-channel capable

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

Up to 64GB DDR5-5600

### Storage

256GB SSD M.2 2242 PCIe® 4.0x4 NVMe®

### Storage Support

Up to two drives, 2x M.2 SSD

- M.2 2280 SSD up to 2TB

### Storage Slot

Two M.2 2280 PCIe® 4.0 x4 slots

### Card Reader

SD Card Reader

### Audio Chip

High Definition (HD) Audio, Realtek® ALC3287 codec

### Speakers

Stereo speakers, 2W x2, Dolby Audio™

### Camera

FHD 1080p + IR Hybrid with Privacy Shutter

### Microphone

2x, Array

### Battery

Integrated 45Wh

### Power Adapter

65W USB-C® (3-pin)

### Special Features

Modern Standby

## DESIGN

### Display

14" WUXGA (1920x1200) IPS 300nits Anti-glare, 45% NTSC, 60Hz

### Keyboard

Backlit, French

### Touchpad

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

### Case Color

Arctic Grey

### Surface Treatment

Anodizing Sandblasting

### Case Material

Aluminium (Top), Aluminium (Bottom)

### Dimensions (WxDxH)<sup>[2]</sup>

313.5 x 224 x 16.9 mm (12.34 x 8.82 x 0.67 inches)

### Weight<sup>[3]</sup>

Starting at 1.38 kg (3.04 lbs)

## SOFTWARE

### Operating System

Windows® 11 Pro, French

### Bundled Software

Office Trial

## CONNECTIVITY

### Ethernet

100/1000M (RJ-45)

### WLAN + Bluetooth®

Wi-Fi® 6E, 11ax 2x2 + BT5.3

### 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 3.1 and DisplayPort™ 1.4
- 1x USB-C® (Thunderbolt™ 4 / USB4® 40Gbps), with USB PD 3.1 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

### 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 Chip

Firmware TPM 2.0 Enabled

### Fingerprint Reader

Touch Style, Match-on-Chip, Integrated in Power Button

### Physical Locks

Kensington® Nano Security Slot™, 2.5 x 6 mm

### Other Security

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

## MANAGEABILITY

### System Management

Non-vPro®

## SERVICE

### Base Warranty

1-year, Courier or Carry-in

### Included Upgrade

1Y Premier WHB (CPN)

## CERTIFICATIONS

### Green Certifications<sup>[4]</sup>

- ENERGY STAR® 8.0
- EPEAT™ Gold Registered
- ErP Lot 6
- ErP Lot 26
- RoHS compliant
- TCO Certified 9.0

### Other Certifications

TÜV Rheinland® Low Blue Light (Software Solution)

### Mil-Spec Test

MIL-STD-810H military test passed

## MODEL

**TopSeller** : Yes **Announce Date** : 2024-02-18

**EAN / UPC / JAN** : 197531967169 **End of Support** : 2030-09-26

Note:

<sup>[1]</sup> Maximum memory is only to test technical readiness of notebook. Available memory to sell would vary.

<sup>[2]</sup> The system dimensions may vary depending on configurations.

<sup>[3]</sup> 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.

<sup>[4]</sup> EPEAT is registered where applicable, please visit [epeat.net](#) for registration status by country.

· Lenovo reserves the right to change specifications without notice.

To see more note information, please link to <https://psref.lenovo.com/Detail/2421?M=21MR004TFR>

## Premier Support - A direct 24x7x365 line to our most elite technicians.



Advanced technical support, 24x7x365, in more than 100 markets



Technical Account Managers for proactive relationship and escalation management



Comprehensive hardware & OEM software support



Priority on service delivery and repair parts



Single point of contact for simplified end-to-end case management



Lenovo Service Connect Portal for customized reporting and product support

## Accidental Damage Protection - Protection of your PC from the unexpected.

Experience shows that a significant portion of devices may be damaged (and not covered under warranty) in the first three years. Lenovo's Accidental Damage Protection service covers accidents beyond the system warranty such as drops, spills, bumps and even electrical surges. Make sure your new device has maximum protection, avoid unplanned costs and get peace of mind.

## Base Warranty - Included with the systems you purchase, default 1- or 3-year coverage window.

## Warranty Extensions & Upgrades - Service and protection that's right for your circumstances.

- Pick Up & Return Courier
- Onsite Support
- Technician Installed Customer
- Replaceable Unit Service
- International Warranty Upgrade

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## Recommended Accessories



### ThinkPad Hybrid USB-C with USB-A Dock (American Standard Plug Type B)

40AF0135US

- The ThinkPad Hybrid USB-C with USB-A dock is a productivity solution for any USB-C or USB-A laptop, including non-Lenovo laptops from Dell, HP, and Apple, providing power, display, and port expansion in any m...

## Recommended Services

BEST	3Y Premier Support Plus upgrade from 1Y Premier Support (5WS1L39550)
BETTER	3Y Lenovo Support (Premier Support + KYD + 3Y SBTY + International Upg) (5PS1J31171)
GOOD	3Y Premier Support upgrade from 1Y Premier Support (5WS1B38519)

For a full list of accessories and services, please visit:  
<https://smartfind.Lenovo.com>

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**PSREF**  
Product Specifications  
Reference