

PERFORMANCE

Processor

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

AI PC Category

AI PC

NPU

Integrated Intel® AI Boost, up to 11 TOPS

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^[1]

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

Optical

None

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^[2]

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

Touchscreen

None

Keyboard

Backlit, Russian

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)

Pen

Pen Not Supported

Dimensions (WxDxH)^[3]

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^[4]

Models with aluminium (top) and aluminium (bottom) | Starting at 1.38 kg (3.04 lbs)

SOFTWARE

Operating System

None

Bundled Software

None

CONNECTIVITY

Ethernet

100/1000M (RJ-45)

WLAN + Bluetooth^[5]

Wi-Fi® 6E, 802.11ax 2x2 + BT5.3

WWAN

Non-WWAN

Standard Ports

- 1x HDMI® 2.1, up to 4K/60Hz
- 1x Headphone / microphone combo jack (3.5mm)
- 1x Ethernet (RJ-45)
- 1x SD card reader
- 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

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

None

ACCESSORIES

Bundled Accessories^[6]

None

CERTIFICATIONS

Green Certifications

- 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	: 2024-02-26
EAN / UPC / JAN	: 197531973979	End of Support	: 2030-09-26

Note:

[1] Maximum memory is only to test technical readiness of.....

· Lenovo reserves the right to change specifications without notice.

To see more note information, please link to

<https://psref.lenovo.com/Detail/2421?M=21MR004RRU>

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



Lenovo 65W USB-C DC Travel Adapter

40AK0065WW

Power up and stay productive on the road with this DC Travel adapter. Lenovo 65W USB-C DC Travel Adapter is the universal DC adapter, providing 65W power via USB-C for outdoor use.

Recommended Services

BEST	4Y Onsite upgrade from 1Y Courier/Carry-in (5WSOA23821)
BETTER	3Y Onsite upgrade from 1Y Courier/Carry-in (5WSOA23681)
GOOD	3Y Courier/Carry-in upgrade from 1Y Courier/Carry-in (5WSOA23813)

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



PSREF
Product Specifications
Reference