



# ENERGY STAR CERTIFIED Computers (Bold)

## Apple - MacBook Pro 14-inch (M3) : MR7J3

### Specifications

<b>ENERGY STAR Unique ID:</b>	3814703
<b>Brand Name:</b>	Apple
<b>Model Name:</b>	MacBook Pro 14-inch (M3)
<b>Model Number:</b>	MR7J3
<b>Type:</b>	Notebook
<b>Category 2: Processor Brand:</b>	Other
<b>Category 2: Processor Name:</b>	M3
<b>Category 2: Base Processor Speed Per Core (GHz):</b>	3.6
<b>Category 2: Physical CPU Cores (count):</b>	8
<b>Category 2: System Memory (GB):</b>	24
<b>Category 2: Default Low-power Mode:</b>	Sleep Mode
<b>Category 2: Long Idle Power Used for Sleep Mode:</b>	No
<b>Category 2: Off Mode (watts):</b>	0.1
<b>Category 2: Sleep Mode (watts):</b>	0.2
<b>Category 2: Long Idle (watts):</b>	0.6
<b>Category 2: Short Idle (watts):</b>	3.8
<b>Category 2: Base TEC Allowance (kWh):</b>	14
<b>Category 2: Functional Adder Allowances (kWh):</b>	26.4
<b>Category 2: TEC of Model (kWh):</b>	11.5
<b>Category 2: Operating System Name:</b>	MacOS
<b>Ethernet Capability:</b>	No
<b>Touch Screen:</b>	No
<b>Date Available On Market:</b>	2023-10-30
<b>Date Certified:</b>	2023-10-02
<b>Markets:</b>	United States, Switzerland, Taiwan, Japan, Canada
<b>ENERGY STAR Certified:</b>	Yes

# Additional Model Information

MacBook Pro 14-inch (M3),MR7K3;; MacBook Pro 14-inch (M3),MTL73;; MacBook Pro 14-inch (M3),MTL83;; MacBook Pro 14-inch (M3),MXE03;; MacBook Pro 14-inch (M3),MXE13;; MacBook Pro 14-inch (M3),Z1A9;; MacBook Pro 14-inch (M3),Z1AA;; MacBook Pro 14-inch (M3),Z1C8;; MacBook Pro 14-inch (M3),Z1C9;; MacBook Pro 14-inch (M3),Z1GM;; MacBook Pro 14-inch (M3),Z1GN,

**UPC Codes**

195949014666, 195949014840, 195949015113, 195949015298, 195949015830, 195949015922, 195949098727, 195949098901, 195949099175, 195949099359, 195949099632, 195949099724, 195949327599, 195949327605, 195949327612, 195949327629, 195949327636, 195949327643, 195949327650, 195949327667, 195949327674, 195949327681, 195949327698, 195949327704, 195949327711, 195949327728, 195949327735, 195949327742, 195949327759, 195949327766, 195949333019, 195949333026, 195949333033, 195949333040

**Captured On:**  
04/24/2025