



ENERGY STAR CERTIFIED Computers (Bold)

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

Specifications

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