



## ENERGY STAR CERTIFIED Computers

### 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;; Mac Book 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:  
04/30/2025