

# ThinkPad L14 Gen 7 (AMD)

Experience unparalleled efficiency and reliability wherever your work takes you. Powered by the lightning-fast AMD Ryzen™ AI 5 / 7 PRO 400 Series Processor, multitasking becomes seamless, allowing you to tackle intensive workloads with ease. With support for up to 64GB DDR5-5600 memory, professionals can handle large datasets, complex financial models, and virtual meetings without slowdowns, while up to 2TB M.2 2280 SSD storage ensures rapid file access, secure document handling, and ample space for critical business assets. The integrated 2W dual Dolby Atmos® stereo speakers provide clear, immersive audio for presentations and calls, complemented by a dual-microphone array with 360° far-field pickup and Elevoc Voice technology, which intelligently reduces background noise.



## Redefining possibilities with powerful performance and groundbreaking on-device AI

ThinkPad L series laptops offer reliable performance and durability for modern professionals with powerful processors, robust security features, long battery life, and versatile connectivity options, ensuring productivity on-the-go.

Designed for modern business professionals, this device combines a stunning 14" WUXGA display with up to 500 nits brightness for crystal-clear visuals in any environment, from boardrooms to outdoor sites. The intuitive TrackPoint® pointing device enables precise navigation during long work sessions, while the ergonomically engineered keyboard with natural curve key shapes, tactile markers, and illuminated indicators enhances typing accuracy and speed for emails, reports, and presentations on the go.

MediaTek Wi-Fi® 7 delivers high-speed, low-latency connectivity for seamless video conferencing, cloud collaboration, and multitasking. Paired with a 57Wh rechargeable Li-ion battery with Rapid Charge, it supports extended productivity with minimal interruptions throughout the workday.

Designed for energy efficiency, this laptop is ENERGY STAR® 9.0 certified and EPEAT™ Gold Registered, helping organizations reduce power consumption and support sustainable IT practices without compromising on performance or reliability.

## Lenovo Services

Lenovo delivers tailored sustainability services, devices, and infrastructure solutions from our broad portfolio, working closely with you to support your target outcomes across the IT lifecycle..



## Accessories

### ThinkPad USB4 Smart Dock 5500

- High-speed ports, total connectivity
- Single-cable power and displays
- Enterprise security and IT control



PN: 40BC0100xx

### Lenovo Wireless Multi-Mode Pro Plus Mouse 6050

- Dual Connectivity, Effortless Pairing
- Precision Control, Multi-Directional Scrolling
- Ergonomic, Durable, and Sustainable



PN: 4Y51S61876 – 4Y51S61879

# ThinkPad L14 Gen 7 (AMD)



## Performance

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|----------------------------------------------------------------------------------------------------------|
| <b>Processor</b><br>AMD Ryzen AI 5 /7 400 Series Processor<br>AMD Ryzen AI 5 /7 PRO 400 Series Processor |
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| <b>AI PC Category*</b><br>Copilot+ PC |
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| <b>Operating System*</b><br>Windows 11 Pro or Home<br>Ubuntu Linux, Linux |
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| <b>NPU*</b><br>Integrated AMD Ryzen AI, up to 50 TOPS |
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| <b>Graphics</b><br>AMD Radeon 840M (integrated)<br>AMD Radeon 860M (integrated) |
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| <b>Memory</b><br>Up to 64GB DDR5-5600, 2x SODIMM |
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| <b>Storage<sup>1</sup></b><br>One drive, up to 2TB M.2 2280 SSD |
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<sup>1</sup>The storage capacity supported is based on the test results with current Lenovo storage offerings.

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| <b>Audio*</b><br>High Definition (HD) Audio<br>Stereo speakers, 2W x2, Dolby Atmos<br>Dual-microphone array, 360° far-field, Elevoc Voice |
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| <b>Camera*</b><br>HD 720p, with privacy shutter<br>5.0MP + IR discrete, with privacy shutter, temporal noise reduction |
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| <b>Battery<sup>2</sup></b><br>46.5Wh or 57Wh battery, up to 13.8 hr<br>Rapid Charge |
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<sup>2</sup>Battery life claims are approximate maximum. Actual result will vary depending on many factors and the maximum battery capacity will decrease with time and use.

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| <b>Power Adapter*</b><br>65W USB-C adapter, PD 3.0<br>65W USB-C slim adapter, PD 3.0 |
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## Design

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| <b>Display<sup>3</sup></b><br>14" WUXGA (1920x1200) IPS Anti-glare 16:10,<br>- 400nits, 45% NTSC, 60Hz, 3M DBEF5,<br>- 400nits, 45% NTSC, 60Hz, 3M DBEF5, on-cell touch, Eyesafe<br>- 500nits, 100% sRGB, 60Hz, low power, Eyesafe |
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<sup>3</sup>IPS (in-plane switching) technology may refer to IPS, PLS, ADS, AHVA, AAS.

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| <b>Screen-to-Body Ratio</b><br>85.5% |
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| <b>Keyboard</b><br>6-row, spill-resistant, Copilot key, optional backlight |
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| <b>Touchpad</b><br>TrackPoint and Mylar surface TrackPad<br>60 x 115 mm (2.36 x 4.53 inches) |
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| <b>Dimensions<sup>4</sup></b><br>Models with PC-ABS (top) and PC-ABS (bottom)<br>313.7 x 226 x 11.39/17.31 (front/rear), 22.9 (maximum) mm<br>12.35 x 8.90 x 0.45/0.68 (front/rear), 0.90 (maximum) inches<br>Models with aluminium (top) and PC-ABS (bottom)<br>313.7 x 226 x 11.32/17.01 (front/rear), 21.7 (maximum) mm<br>12.35 x 8.90 x 0.45/0.67 (front/rear), 0.85 (maximum) inches |
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<sup>4</sup>The system dimensions may vary depending on configurations.

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| <b>Weight<sup>5</sup></b><br>Starting at 1.389 kg (3.06 lbs) |
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<sup>5</sup>The system weight is approximate and may vary depending on configurations

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| <b>Color</b><br>Black |
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| <b>Case material</b><br>Aluminium (top), PC-ABS (bottom)<br>PC-ABS (top), PC-ABS (bottom) |
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## Connectivity

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| <b>Ethernet*</b><br>Gigabit onboard Ethernet |
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| <b>WLAN + Bluetooth*</b><br>MediaTek Wi-Fi 7 MT7925, 802.11be, Bluetooth 5.4 |
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| <b>WWAN*</b><br>4G LTE CAT6 with embedded eSIM<br>4G LTE CAT12 with embedded eSIM |
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| <b>NFC</b><br>Near Field Communication* |
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| <b>Ports</b><br>1x USB-A (Hi-Speed USB)<br>1x USB-A (USB 5Gbps)<br>1x USB-A (USB 5Gbps), Always On<br>2x Thunderbolt 4, with USB PD 15-65W & DP 2.1<br>1x HDMI 2.1, up to 4K/60Hz<br>1x Ethernet (RJ-45)<br>1x Headphone / microphone combo jack (3.5mm)<br>1x Smart card reader*<br>1x Nano-SIM card slot (WWAN support models)* |
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| <b>Docking</b><br>Docking support via Thunderbolt / USB-C |
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## Security & Privacy

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| <b>Security</b><br>ThinkShield<br>Discrete TPM 2.0<br>Kensington Nano Security Slot<br>Smart card reader, supports ISO 7816 and EMV*<br>Touch style MOC fingerprint reader*<br>Camera privacy shutter<br>IR camera for Windows Hello (facial recognition)*<br>Privacy Guard with Privacy Alert (software solution) |
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## Manageability

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| <b>System Management*</b><br>DASH* |
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## Environmental

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| <b>Material</b><br>50% recycled aluminium on top cover<br>50% PCC recycled on display cover bezel<br>60% PCC recycled on keyboard frame<br>Up to 50% PCC recycled on bottom cover<br>85% PCC recycled plastic used in key caps (backlight)<br>70% PCC recycled plastic used in key caps (non-backlight)<br>90% PCC recycled plastic used in speaker enclosure<br>90% PCC recycled plastic used in the battery pack enclosure<br>90% PCC recycled plastic used in slim GaN 65W adapters and standard 65W adapters<br>100% plastic-free primary packaging<br>TOTAL PCC: 24.23%-32.62% |
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## Certifications

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| <b>Green Certifications<sup>6 7 8</sup></b><br>ENERGY STAR 9.0<br>EPEAT Gold Registered<br>ErP Lot 6/26<br>TCO Certified, generation 10<br>RoHS compliant |
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<sup>6</sup>The items listed under the "Green Certifications" section may not only refer to certification but also registration or self-declaration.

<sup>7</sup>EPEAT registration and ENERGY STAR certification are optional and only available on the models with preloaded OS.

<sup>8</sup>EPEAT is registered where applicable, please see [PEAT.net](https://PEAT.net) for registration status by country.

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| <b>Other Certifications</b><br>Eyesafe Certified 2.0*<br>TÜV Rheinland Low Blue Light (Hardware Solution)* |
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Items with \* are optional and only available on selected models. Information presented here may represent the maximum possible configurations for this product, but it does not necessarily reflect what is available in your region. Please ask your rep or check the specifications for specific Part Numbers in your region. © 2026 Lenovo. Products are available while supplies last. Lenovo is not responsible for photographic or typographic errors. Lenovo, the Lenovo logo, ThinkPad, ThinkCentre, ThinkBook, ThinkStation and ThinkVision are trademarks or registered trademarks of Lenovo. 3rd party product and service names may be trademarks of others. Depending on factors such as the processing capability of peripheral devices, file attributes, system configuration and operating environments, the actual data transfer rate of USB connectors will vary and is typically slower than published standards.