

# ThinkBook 14 G8 IAL

Powered by up to Intel® U/H series Core Ultra 7 Processor and Intel Arc 140T graphics, this laptop offers professionals the performance and visuals needed for intensive tasks. With up to 64GB DDR5 memory, it efficiently handles large datasets, complex spreadsheets, and graphics-heavy presentations. Whether analyzing data or coordinating logistics, its powerful components maximize productivity in the office, at client meetings, or onsite. This portable yet powerful device empowers professionals to work effectively at all times.



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

The 14-inch WUXGA anti-glare screen with optional multi-touch allows clear presentations. Thunderbolt™ 4 enables real-time collaboration, Wi-Fi® 6E helps access documentation, and HDMI port lets users share data, allowing executives to view reports on the go.

The up to 4TB SSD storage allows professionals to carry and quickly access large data. Firmware TPM 2.0 and a fingerprint reader ensure secure access to confidential company information while working remotely.

Engineered for crystal-clear web conferencing, this laptop features HD Audio with the Realtek® ALC3287 codec, Dolby Audio™ stereo speakers, and a dual-microphone array with smart noise-canceling. The FHD 1080p + IR hybrid camera ensures sharp video with enhanced privacy.

## 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..



### Return To Depot Repair Warranty

- No-hassle repair process at a Lenovo service center
- Lenovo pays for all shipping between the customer and service facility
- Avoid unplanned operational expense with a simple annual fee

## Accessories

### Lenovo Wired ANC Headset Gen 2

- Active Noise Cancellation
- Certified for Zoom and Microsoft Teams
- Inline Control Box with LED Indication



PN: Teams : 4XD1M45627, UC : 4XD1M39029

### Lenovo Essential Wireless Combo Keyboard & Mouse Gen 2

- Embrace the freedom of a clutter-free and cable-free work setup.
- Ergonomically sculpted cups and low-profile island keys for maximum comfort.
- A 2.4 MHz receiver for a seamless keyboard and mouse connection.



PN: 4X31N50708 – 4X31N50757



# ThinkBook 14 G8 IAL

## Performance

**Processor**  
Intel U or H Series Core Ultra 5/7 Processor (Series 2)

**AI PC Category**  
AI PC

**AI Performance**  
Up to 96 overall TOPS

**Operating System\***  
Windows 11 Pro  
Windows 11 Home  
Windows 11 Home Single Language

**NPU**  
Integrated Intel AI Boost, up to 13 TOPS

**Graphics<sup>1</sup>**  
Intel Graphics (integrated)  
Intel Arc 130T GPU (integrated)  
Intel Arc 140T GPU (integrated)

<sup>1</sup>Intel Arc graphics only available on select H-series Intel Core Ultra processor powered systems with at least 16GB of system memory in a dual-channel configurations, otherwise it will function as Intel Graphics.

**Memory<sup>2</sup>**  
Up to 64GB DDR5-5600, 2x SO-DIMM

<sup>2</sup>Maximum memory is only to test technical readiness of notebook but not shipped by Lenovo.

**Storage<sup>3</sup>**  
Up to 2TB M.2 2280 PCIe NVMe SSD (system supports two M.2 slots)

<sup>3</sup>The system supports dual SSD via two M.2 slots, but Lenovo only offers one SSD configuration, another SSD slot for user self-extension. The max storage capacity is only technical readiness and may be different with current Lenovo storage offerings.

**Audio\***  
High Definition (HD) Audio  
Stereo speakers, 2W x2, Dolby Audio  
Dual-microphone array with smart noise-cancelling

**Camera\***  
FHD 1080p, with privacy shutter  
FHD 1080p + IR hybrid, with privacy shutter

**Battery<sup>4</sup>**  
45Wh (up to 9.2 hr) battery, Rapid Charge Pro  
60Wh (up to 11.5 hr) battery, Rapid Charge

<sup>4</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.

**Power Adapter\***  
65W USB-C adapter, PD 3.0  
65W USB-C slim adapter, PD 3.0

## Design

**Display<sup>5</sup>**  
14" WUXGA (1920x1200) IPS Anti-glare 16:10  
- 300nits, 45% NTSC, 60Hz  
- 300nits, 45% NTSC, 60Hz, touch

<sup>5</sup>IPS (in-plane switching) technology may refer to IPS, PLS, ADS, AHVA, AAS.

**Keyboard**  
6-row, spill-resistant, Copilot key, optional backlight

**Touchpad**  
Mylar surface touchpad  
75 x 120 mm (2.95 x 4.72 inches)

**Dimensions<sup>6</sup>**  
313.5 x 224 x 17.5 mm (12.34 x 8.82 x 0.69 inches)

<sup>6</sup>The system dimensions may vary depending on configurations.

**Weight<sup>7</sup>**  
Starting at 1.36 kg (2.99 lbs)

<sup>7</sup>The system weight is approximate and may vary depending on configurations

**Color**  
Arctic grey, dual-tone design

**Case material**  
Aluminium (top)  
PC-ABS (bottom)

**Special Features**  
Modern Standby

## Connectivity

**Ethernet**  
Gigabit onboard Ethernet

**WLAN + Bluetooth\***  
802.11ax (Wi-Fi 6 or Wi-Fi 6E), Bluetooth 5.2 or 5.3  
Up to Intel Wi-Fi 6E AX211, Bluetooth 5.3

**Ports**  
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 & DP 1.4  
1x USB-C (Thunderbolt 4 / USB4 40Gbps), with USB PD 3.0 & DP 2.1  
1x HDMI 2.1, up to 4K/60Hz  
1x SD card reader  
1x Ethernet (RJ-45)  
1x Headphone / microphone combo jack (3.5mm)

**Docking**  
Docking support via Thunderbolt or USB-C

## Security & Privacy

**Security**  
Firmware TPM 2.0  
Kensington Nano Security Slot  
Touch style fingerprint reader on smart power button\*  
Camera privacy shutter  
IR camera for Windows Hello (facial recognition)\*

## Certifications

**Green Certifications<sup>8 9 10</sup>**  
EPEAT Gold Registered  
ENERGY STAR 9.0  
ErP Lot 6/26  
TCO Certified 10.0  
RoHS compliant

<sup>8</sup>The items listed under the "Green Certifications" section may not only refer to certification but also registration or self-declaration.

<sup>9</sup>EPEAT registration and ENERGY STAR certification are optional and only available on the models with preloaded OS.

<sup>10</sup>EPEAT is registered where applicable, please see [epeat.net](https://epeat.net) for registration status by country.

**Other Certifications**  
TÜV Rheinland Low Blue Light (Software Solution)  
MIL-STD-810H

OVERVIEW



1. USB-C (USB 10Gbps), with PD 3.0 & DP 1.4	6. SD card reader
2. USB-A (USB 5Gbps), Always On	7. USB-A (USB 5Gbps)
3. HDMI	8. Ethernet (RJ-45)
4. Thunderbolt 4	9. Kensington Nano Security Slot
5. Headphone / microphone combo jack (3.5mm)	

PERFORMANCE

Processor

Processor Family

Intel® U or H Series Core Ultra 5 / 7 Processor (Series 2)

Processor\*\*

Processor Name	Cores	Threads	Base Frequency	Max Frequency	Cache	Processor Graphics	NPU
Core Ultra 5 225H	14 (4 P-core + 8 E-core + 2 LPE-core)	14	P-core 1.7GHz / E-core 1.3GHz / LPE-core 700MHz	P-core 4.9GHz / E-core 4.3GHz / LPE-core 2.5GHz	18MB	Intel® Arc™ 130T GPU, up to 63 TOPS <sup>[1]</sup>	Intel® AI Boost
Core Ultra 5 225U	12 (2 P-core + 8 E-core + 2 LPE-core)	14	P-core 1.5GHz / E-core 1.3GHz / LPE-core 700MHz	P-core 4.8GHz / E-core 3.8GHz / LPE-core 2.4GHz	12MB	Intel® Graphics	Intel® AI Boost
Core Ultra 5 235U	12 (2 P-core + 8 E-core + 2 LPE-core)	14	P-core 2.0GHz / E-core 1.6GHz / LPE-core 700MHz	P-core 4.9GHz / E-core 4.1GHz / LPE-core 2.4GHz	12MB	Intel® Graphics	Intel® AI Boost
Core Ultra 7 255H	16 (6 P-core + 8 E-core + 2 LPE-core)	16	P-core 2GHz / E-core 1.5GHz / LPE-core 700MHz	P-core 5.1GHz / E-core 4.4GHz / LPE-core 2.5GHz	24MB	Intel® Arc™ 140T GPU, up to 74 TOPS <sup>[2]</sup>	Intel® AI Boost

Notes:

[1], [2] Intel® Arc™ Graphics only available on select H-series Intel® Core™ Ultra processor powered systems with at least 16GB of system memory in a dual-channel configurations, otherwise it will function as Intel® Graphics.

AI (Artificial Intelligence)

AI PC Category

AI PC

AI Performance

Up to 96 overall TOPS

NPU

Integrated Intel® AI Boost, up to 13 TOPS

Operating System

Operating System\*\*<sup>[1]</sup>

- Windows® 11 Pro
- Windows® 11 Home
- Windows® 11 Home Single Language
- No preload operating system

Notes:

[1] Windows® 11 Pro Education license can be requested for EMEA Education Customers only with limited specs. Any request please contact Lenovo® Sales Representative for more information.

Graphics

Graphics\*\*

Graphics	Type	Memory	TGP	Key Features
Intel® Arc™ 130T GPU <sup>[1]</sup>	Integrated	Shared	Share CPU TDP	DirectX® 12.2
Intel® Arc™ 140T GPU <sup>[2]</sup>	Integrated	Shared	Share CPU TDP	DirectX® 12.2
Intel® Graphics	Integrated	Shared	Share CPU TDP	DirectX® 12.2

Notes:

[1], [2] Intel® Arc™ Graphics only available on select H-series Intel® Core™ Ultra processor powered systems with at least 16GB of system memory in a dual-channel configurations, otherwise it will function as Intel® Graphics.

Monitor Support

Monitor Support<sup>[1]</sup>

- Supports up to 4 independent displays (native display and 3 external monitors via HDMI®, USB-C® and Thunderbolt™)
- HDMI® supports up to 4096x2160@60Hz
  - USB-C® supports up to 5120x3200@60Hz
  - Thunderbolt™ supports up to 5120x3200@60Hz

Notes:

[1] Refresh rates >60hz also supported, however max resolution will be limited.

Chipset

Chipset

Intel® SoC (System on Chip) platform

Memory

Max Memory<sup>[1]</sup>

Up to 64GB DDR5-5600

Memory Slots

Two DDR5 SO-DIMM slots, dual-channel capable

Memory Type

DDR5-5600

Notes:

[1] Maximum memory is only to test technical readiness of notebook. Available memory to sell would vary.

Storage

Storage Support<sup>[1]</sup>

- Up to two drives, 2x M.2 SSD
- M.2 2280 SSD up to 2TB each

Storage Slot

Two M.2 2280 PCIe® 4.0 x4 slots

Storage Type

Disk Type	Interface	Offering
M.2 2242 SSD	PCIe® NVMe®, PCIe® 4.0 x4	256GB / 512GB / 1TB

Notes:

[1] The system supports dual SSD via two M.2 slots, but Lenovo® offers only one SSD configuration with a second slot for user self-expansion.

The max storage capacity is only technical readiness and may be different from current Lenovo® storage offerings.

Removable Storage

Card Reader

SD card reader

Multi-Media

Audio Chip

High Definition (HD) Audio, Realtek® ALC3287 codec

Speakers

Stereo speakers, 2W x2, Dolby Audio™

Microphone

Dual-microphone array with smart noise-cancelling

Camera\*\*

- FHD 1080p + IR hybrid, with privacy shutter, fixed focus

- FHD 1080p, with privacy shutter, fixed focus

Battery

Battery\*\*

- 45Wh Rechargeable Li-ion Battery, supports Rapid Charge Pro (charge up to 50% in 30min)<sup>[1]</sup>
- 60Wh Rechargeable Li-ion Battery, supports Rapid Charge (charge up to 80% in 1hr)<sup>[2]</sup>

Max Battery Life<sup>[3]</sup>

- Models with 45Wh battery:  
MobileMark® 30@250nits: 9.2 hr  
Local video (1080p) playback@150nits: 14.2 hr
- Models with 60Wh battery:  
MobileMark® 30@250nits: 11.5 hr  
Local video (1080p) playback@150nits: 18.5 hr

Notes:

[1], [2] Rapid charge is only guaranteed when the computer is turned off or in standby mode or in hibernation mode. When the computer is powered on, the Charge Time will vary depending on system power consumption and AC adapter power.

[3] All battery life claims are approximate maximum and based on results using the MobileMark® 2014, MobileMark® 2018, MobileMark® 25, MobileMark® 30, JEITA 2.0, JEITA 3.0, continuous 1080p video playback (with 150nits brightness and default volume level) or Google Power Load Test (PLT) battery-life benchmark tests. Actual battery life will vary depending on many factors such as product configuration and usage, software use, wireless functionality, power management settings, and screen brightness. The maximum capacity of the battery will decrease with time and use.

Power Adapter

Power Adapter\*\*<sup>[1]</sup>

- 65W USB-C® (3-pin) AC adapter, supports PD 3.0, 100-240V, 50-60Hz
- 65W USB-C® slim (2-pin, wall-mount) AC adapter, supports PD 3.0, 100-240V, 50-60Hz

Notes:

[1] AC adapter offerings depend on the country.

Special Features

Special Features

Modern Standby

DESIGN

Display

Display\*\*

Size	Resolution	Touch	Type	Brightness	Surface	Aspect Ratio	Contrast Ratio	Color Gamut	Refresh Rate	Viewing Angle (L/R/U/D)	Key Features
14"	WUXGA (1920x1200)	None	IPS <sup>[1]</sup>	300nits	Anti-glare	16:10	1000:1	45% NTSC	60Hz	89° / 89° / 89° / 89°	TÜV Low Blue Light (Software)
14"	WUXGA (1920x1200)	Multi-touch	IPS <sup>[2]</sup>	300nits	Anti-glare	16:10	1000:1	45% NTSC	60Hz	89° / 89° / 89° / 89°	TÜV Low Blue Light (Software)

Touchscreen

- Add-on Film Touch, supports 10-point touch
- Non-touch

Notes:

[1], [2] IPS (in-plane switching) technology may refer to IPS, PLS, ADS, AHVA, AAS.

Input Device

**Pen**

No support

**Keyboard**

6-row, spill-resistant, multimedia Fn keys, Copilot key

**Keyboard Backlight**

- LED backlight
- Non-backlight

**Touchpad**

Buttonless Mylar® surface multi-touch touchpad, supports Precision TouchPad (PTP), 75 x 120 mm (2.95 x 4.72 inches)

**Mechanical****Dimensions (WxDxH)<sup>[1]</sup>**

313.5 x 224 x 17.5 mm (12.34 x 8.82 x 0.69 inches)

**Weight<sup>[2]</sup>**

Starting at 1.36 kg (2.99 lbs)

**Case Color**

Arctic grey, dual-tone design

**Surface Treatment**

Anodizing sandblasting (top), texture (bottom)

**Case Material**

Aluminium (top), PC-ABS (bottom)

Notes:

[1] The system dimensions may vary depending on configurations.

[2] The system weight is approximate and based on results in Lenovo® lab, which varies depending on the source of component, variance of the distribution of each component, and manufacturing process. It may not be the exact weight for each specific model.

**CONNECTIVITY****Network****WLAN + Bluetooth®\*\*<sup>[1]</sup>**

- Wi-Fi® 6, 802.11ax 2x2 Wi-Fi® + Bluetooth® 5.2, M.2 card
- Wi-Fi® 6E, 802.11ax 2x2 Wi-Fi® + Bluetooth® 5.3, M.2 card<sup>[2]</sup>

**WWAN**

No support

**Ethernet<sup>[3]</sup>**

Gigabit Ethernet, 1x RJ-45, supports Wake-on-LAN

Notes:

[1] Bluetooth® may operate at a lower version than hardware design depending on the factors such as operating system, driver, etc.

[2] Wi-Fi® 6E operation is subject to the regulation rules in each country.

[3] Wake-on-LAN needs the power adapter plugged in.

**Ports<sup>[1]</sup>****Standard Ports**

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



- 1x SD card reader

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**Notes:**

[1] The transfer speed of the ports will vary and, depending on many factors, such as the processing speed of the host device, file attributes and other factors related to system configuration and your operating environment, will be slower than theoretical speed.

## Docking

### Docking

Various docking solutions supported via Thunderbolt™ or USB-C®.

For more compatible docking solutions, please visit [Docking for ThinkBook® 14 G8 IAL](#)

## SECURITY & PRIVACY

### Security

#### Security Chip

Firmware TPM 2.0 integrated in SoC

#### Physical Locks

Kensington® Nano Security Slot™, 2.5 x 6 mm

#### Fingerprint Reader

- Touch style fingerprint reader integrated in power button, match-on-chip
- No fingerprint reader

#### BIOS Security

- Hard disk password
- Power-on password
- Supervisor password
- User password
- Self-healing BIOS
- More BIOS security features, please visit [BIOS Simulator](#)<sup>[1]</sup>

#### Other Security

- Camera privacy shutter
- (Optional) IR camera for Windows® Hello (facial recognition)

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**Notes:**

[1] The BIOS simulator is just for reference. Default settings and some options may vary depending on the hardware, operating system and BIOS version.

## MANAGEABILITY

### System Management

#### System Management

Non-vPro®

## SERVICE

### Warranty

#### Base Warranty\*\*

- 1-year courier or carry-in service
- 2-year (1-yr battery) courier or carry-in service
- No base warranty

## ACCESSORIES

### Bundled Accessories

#### Bundled Accessories<sup>[1]</sup>

- Lenovo® 15.6" laptop casual toploader, polyester
- None

Notes:

[1] For more compatible accessory solutions, please visit [Accessories for ThinkBook® 14 G8 IAL](#).

## OPERATING REQUIREMENTS

### Operating Environment

#### Temperature<sup>[1]</sup>

- At altitudes up to 2438 m (8,000 ft)
  - Operating: 5°C to 35°C (41°F to 95°F)
  - Storage: 5°C to 43°C (41°F to 109°F)
- At altitudes above 2438 m (8,000 ft)
  - Maximum temperature when operating under the unpressurized condition: 31.3°C (88°F)

#### Relative Humidity

- Operating: 8% to 95% at wet-bulb temperature 23°C (73°F)
- Storage: 5% to 95% at wet-bulb temperature 27°C (81°F)

#### Altitude

Maximum altitude (without pressurization): 3048 m (10,000 ft)

Notes:

[1] When you charge the battery, its temperature must be no lower than 10°C (50°F).

## ENVIRONMENTAL

### Sustainability

#### Material<sup>[1]</sup>

15% PCC recycled plastic used in the cover frame  
25% PCC recycled plastic used in the battery frame  
50% PCC recycled plastic used in keycaps  
30% PCC recycled plastic used in speaker  
90% PCC recycled plastic used in standard 65W adapter  
FSC certified content in carton box and accessory box  
Dry pressed pulp cushion  
Bamboo fiber bag (for NA / EMEA)  
Bamboo fiber screen sheet  
90% recycled content in OBP bag

Notes:

[1] PCC: Post Consumer Content, recycled materials from customers.

## CERTIFICATIONS

### Green Certifications<sup>[1]</sup>

#### Green Certifications<sup>[2]</sup>

- ENERGY STAR® 8.0
- EPEAT™ Gold Registered<sup>[3]</sup>
- ErP Lot 6/26
- RoHS compliant
- TCO Certified 10.0

Notes:

[1] The items listed under the "Green Certifications" section may not only refer to certification but also registration or self-declaration. For ESG & regulatory compliance documents, please visit <https://compliance.lenovo.com>.

[2] EPEAT™ registration and ENERGY STAR® certification are optional and only available on the models with preloaded OS. Please visit [epeat.net](https://epeat.net) and [energystar.gov](https://energystar.gov) for more information.

[3] EPEAT™ is registered where applicable, please visit [epeat.net](https://epeat.net) for registration status by country.

## Other Certifications

### Mil-Spec Test

MIL-STD-810H military test passed

### Other Certifications

TÜV Rheinland® Low Blue Light (Software Solution)

- Feature with \*\* means that only one option listed under the feature can be configured on selected models. Please refer to the model configuration for specific information.
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