

OMEN by HP 45L Gaming Desktop GT22-3003na

Extremely cool inside and out

Built for extreme performance, the OMEN 45L Gaming Desktop PC is designed for gaming from the ground up. Powered by the latest Intel® Processor,¹ the OMEN by HP gaming desktop takes cooling to incredible heights with a unique cooling chamber. Created for easy tool-less upgradeability with industry standard components to meet your gaming needs.



*Product image may differ from actual product



OMEN Cryo Chamber™

Enables the liquid cooler radiator to pull-in cold air from the surrounding environment to cool down the CPU.



Crafted for expansion

Easily upgrade and expand the memory, storage drives, and interior expansion slots to fit your gaming needs.



OMEN Gaming Hub

The OMEN Gaming Hub elevates everything from software enhancements, hardware controls, to live services.

Sustainability in action

Sustainability in action

Made with Water based paint.



with



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Featuring

Get a fresh perspective

From a rejuvenated Start menu, to new ways to connect to your favorite people, news, games, and content—Windows 11 is the place to think, express, and create in a natural way.²

Take on any game and tasks with performance built for anything powered by Intel® Core™ Ultra Processors.

Improved performance for both gaming and productivity with enhanced cooling, quieter operation, and faster speeds with Intel® Core™ Ultra Processors.³

Game Changer

Powered by NVIDIA Blackwell, GeForce RTX™ 50 Series GPUs bring game-changing AI capabilities to gamers and creators. Multiply performance with NVIDIA DLSS 4, generate images at unprecedented speed, and unleash your creativity with NVIDIA Studio.⁴

PCIe NVMe™ M.2 SSD storage

Boot up in seconds with lightning fast speed with up to 2 TB PCIe NVMe™ M.2 SSD storage.

DTS: X® Ultra Technology

By producing authentic, spatially accurate 3D sound through any headset, this technology offers specially tuned audio modes for different game types to provide immersion for the best entertainment experience possible.⁵

USB Type-A 5Gbps signaling data rate

Plug in your external storage with this USB Type-A port, featuring 5Gbps signaling data rate.⁶

Ethernet port

When you have a spotty wireless connection, you can quickly plug in your Ethernet cable to get a smooth, wired Internet experience that bypasses any wireless issue.

HP USB Sleep and Charge

With a special USB connector designed to always have power, you can charge your smartphone, tablet, and other devices from your laptop while it's asleep or hibernating.⁷

Xbox Game Pass Premium 2-month trial

Enjoy 2 months of Xbox Game Pass Premium. Free with your new HP device. Access a library of legendary, high-quality games, get exclusive in-game perks, partner discounts, and earn points annually with Xbox Rewards.⁸

Kingston FURY DDR5 Memory

With up to 64GB of fast Kingston FURY DDR5 Heatsink RAM, everything from multitasking to playing games gets a performance boost.

Wi-Fi 6E (2x2) and Bluetooth® 5.3 wireless card

Enjoy faster speeds, improved performance, greater capacity and lower latencies than earlier iterations with Wi-Fi 6E and Bluetooth® 5.3 wireless card.⁹

Sustainable design

Because little things make a big difference, this product includes sustainable materials like water-based paint in the design.¹⁰

OMEN CRYO CHAMBER™

Experience revolutionary cooling from the patented OMEN CRYO CHAMBER™ cooling system that enables the liquid cooler radiator to channel fresh, cold air from the surrounding environment to cool down the CPU.

Liquid cooling

Hassle-free thermal management quietly and efficiently draws heat away from high-performance processors, helping to protect sensitive components from heat overload.

OMEN Gaming Hub

OMEN Gaming Hub is your one place for everything to make your gaming experience better. From software enhancements to hardware control, and live services, OMEN Gaming Hub elevates play in easy and simple way.

Recommended accessories and services (not included)



HyperX Cloud III Wireless - Gaming Headset
77Z46AA



HyperX Alloy Rise 75 Wireless - Gaming Keyboard
91Y91AA



HyperX Pulsefire Haste 2 Pro - 4K Wireless Gaming
Mouse
A1KY5AA



3-year pickup and return
UC994E



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Specifications



Performance

Operating system

Windows 11 Home

Processor

Intel® Core™ Ultra 9 285K (up to 5.7 GHz with Intel® Turbo Boost Technology, 36 MB L3 cache, 24 cores, 24 threads)^{6,7}

Processor family: Intel® Core™ Ultra 9 processor

Neural Processing Unit (NPU): Intel® AI Boost (13 NPU TOPS)

Chipset

Intel® Z890

Memory

Kingston FURY 64 GB DDR5-5600 MT/s XMP RGB Heatsink (4 x 16 GB)

Transfer rates up to 5600 MT/s.

Memory slots: 4 DIMM

Maximum memory: Supports up to 128 GB max system memory

Storage

2 TB PCIe® Gen4 NVMe™ Performance M.2 SSD

2 TB PCIe® Gen4 NVMe™ M.2 SSD

100 GB Dropbox storage for 3 months¹

Graphics

Discrete: NVIDIA® GeForce RTX™ 5090 (32 GB GDDR7 dedicated) ;

Audio

5.1 surround sound; Omen Audio Control Support DTS:X® Ultra

Display description

Display monitors sold separately. For more information please visit

www.hp.com/eur/home-monitors

Power

1200 W 80 Plus Gold certified ATX power supply;

System coolers

360 mm LCD liquid cooler;

System fans

3 x 120 mm aRGB front fans;

Connectivity

Network interface

Realtek RTL8125BGH-CG 10/100/1000/2500 GbE NIC

Wireless connectivity

Intel® Wi-Fi 6E AX211 (2x2) and Bluetooth® 5.3 wireless card (supporting gigabit data rate)^{11,12,46}

Ports

Top:

2 USB Type-A 5Gbps signaling rate (HP Sleep and Charge); 1 headphone/microphone combo; 1 microphone; 2 USB 2.0 Type-A (HP Sleep and Charge)^{19,52}

Rear:

1 USB Type-C® 10Gbps signaling rate; 2 USB Type-A 5Gbps signaling rate; 4 USB 2.0 Type-A; 1 3.5 mm audio jack; 1 RJ-45; 1 Thunderbolt™ 4 with USB Type-C® 40Gbps signaling rate (DisplayPort™ 2.1)

Video connectors

1 HDMI 2.1b; 3 DisplayPort™ 2.1b

Expansion slots

1 PCIe x16; 1 PCIe x4; 3 M.2 (2 PCIe x4 for SSD, 1 for WLAN)

Sustainability

Sustainable impact specifications

Water based paint; Molded paper pulp cushion inside box is made of 100% recycled or certified sources; At least 10% post-consumer recycled plastic^{39,41}

Design

Product color

Shadow black

Textured finish

Software

HP apps

HP Connection Optimizer; HP Support Assistant; OMEN Gaming Hub; HP Enhanced Lighting; myHP

Software

Otter.ai;

1 month trial for new Microsoft 365 customers^{24,49,50}

Service & support

McAfee Online Protection 30-day trial; 1-month Adobe free trial offer; Xbox Game

Pass Premium 2-month trial^{2,25}

Additional information

Part Number

P/N: B94HJEA #ABU

UPC/EAN code: 198990656281

Weight

22.6 kg;

Packed: 25.2 kg

Dimensions

20.4 x 47 x 55.5 cm;

Packed: 59.2 x 32.8 x 67.2 cm

Manufacturer Warranty

1 year (1/1/0) limited warranty includes 1 year of parts and labor. No on-site repair.

Terms and conditions vary by country. Certain restrictions and exclusions apply.

Features

Liquid cooling solution for processor

Security management

Chassis side cover lock



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Footnotes

Messaging Footnotes

- ¹ Multi-core is designed to improve performance of certain software products. Not all customers or software applications will necessarily benefit from use of this technology. Performance and clock frequency will vary depending on application workload and your hardware and software configurations. Intel's numbering, branding and/or naming is not a measurement of higher performance.
- ² Not all features are available in all editions or versions of Windows. Systems may require upgraded and/or separately purchased hardware, drivers, software or BIOS update to take full advantage of Windows functionality. Windows is automatically updated and enabled. High speed internet and Microsoft account required. ISP fees may apply and additional requirements may apply over time for updates. See <http://www.windows.com>.
- ³ Intel and Core are trademarks of Intel Corporation in the U.S. and other countries.
- ⁴ ©2025 NVIDIA Corporation. NVIDIA, the NVIDIA logo, GeForce, and GeForce RTX are registered trademarks and/or trademarks of NVIDIA Corporation in the United States and other countries. All other trademarks and copyrights are the property of their respective owners.
- ⁵ Listening to personal stereo equipment at full volume for long periods can damage the user's hearing. To reduce the risk of hearing damage, lower the volume and amount of time listening at full volume.
- ⁶ Actual throughput may vary.
- ⁷ For best results with HP Sleep and Charge, use a USB charging protocol standard cable or cable adapter with an external device.
- ⁸ Subscription continues automatically at regular monthly price unless cancelled. Subject to <https://www.xbox.com/legal/subscription-terms>. Benefits vary by Xbox Game Pass plan. Game library varies over time, by region, device, and Xbox Game Pass plan. xbox.com/gamepass. In-game benefits vary by game, region, and over time. Game must be installed to access in-game benefits. For a list of cloud and non-cloud markets and supported regions, visit: [xbox.com/regions](https://www.xbox.com/regions). Terms apply, see [xbox.com/gamepass](https://www.xbox.com/gamepass) for more. Excludes HP Chromebooks.
- ⁹ Wi-Fi 6E requires a Wi-Fi 6E router, sold separately, to function in the 6GHz band. Availability of public wireless access points limited. Wi-Fi 6E is backwards compatible with prior 802.11 specs. And available in countries where Wi-Fi 6E is supported. Wi-Fi 6E is designed to support gigabit data rate when transferring files between two devices connected to the same router. Requires a wireless router, sold separately. Bluetooth® 5.3 operation requires Microsoft OS/Chrome OS support. Until Microsoft OS/Chrome OS support is available, Bluetooth® 5.3 will function as Bluetooth® 5.2 or lower.
- ¹⁰ Percentage of water-based paint varies by product.

Technical Specifications Footnotes

- ¹ 100 GB of free Dropbox storage for 3 months from date of registration. For complete details and terms of use, including cancellation policies, visit the Dropbox website at <https://www.dropbox.com/help/space/hp-promotion>. Internet service required and not included.
- ² Internet access required and not included. McAfee is pre-installed on your PC and an account is required for activation. Subscription renewal required after trial period. VPN feature is not available in India, China, Syria or North Korea. McAfee is not compatible with Windows 11 in S mode. You'll need to permanently switch out of S mode. There's no charge to switch out of S mode, but you won't be able to turn it back on.
- ⁶ Multi-core is designed to improve performance of certain software products. Not all customers or software applications will necessarily benefit from use of this technology. Performance and clock frequency will vary depending on application workload and your hardware and software configurations. Intel's numbering, branding and/or naming is not a measurement of higher performance.
- ⁷ Intel® Turbo Boost performance varies depending on hardware, software and overall system configuration. See <http://www.intel.com/technology/turboboost/> for more information.
- ¹¹ Wi-Fi 6E is designed to support gigabit data rate when transferring files between two devices connected to the same router. Requires a wireless router, sold separately.
- ¹² Wi-Fi 6E requires a Wi-Fi 6E router, sold separately, to function in the 6GHz band. Availability of public wireless access points limited. Wi-Fi 6E is backwards compatible with prior 802.11 specs. And available in countries where 6GHz is supported.
- ¹⁹ For best results with HP Sleep and Charge, use a USB charging protocol standard cable or cable adapter with an external device.
- ²⁴ Must activate within 180 days of Windows activation.
- ²⁵ Offer available worldwide (excluding China and embargoed countries or other countries identified as restricted by applicable law or regulation) to new and existing subscribers who are 18+. Click on the Adobe icon in the start menu to redeem a 1-month free trial membership for select Adobe software. The software is tied to the device and is not transferrable. If you would like to sign up for an auto-renewing subscription, you can provide your payment method at sign-up. By adding a payment method, your subscription will automatically renew at the then current rate on your renewal date until you cancel. If you cancel before the end of the one-month free trial, you won't be charged. You can cancel your subscription anytime via your Adobe Account page or by contacting Customer Support. Please see current prices for Adobe products available in this offer. Offer not available to Education, OEM, or volume licensing customers. Subject to availability where the recipient resides. Additional terms and conditions may apply. VOID WHERE PROHIBITED OR RESTRICTED BY LAW.
- ³⁹ Percentage of water based paint varies by product.
- ⁴¹ Recycled plastic is expressed as a percentage of the total weight plastic. Post-consumer recycled is based on the definition set in the EPEAT criteria; Packaging parts contain certified or recycled fibers and are typically recycled in your local paper/carton recycling bin, consult your local guidelines.
- ⁴⁶ Bluetooth® 5.3 operation requires Microsoft OS/Chrome OS support. Until Microsoft OS/Chrome OS support is available, Bluetooth® 5.3 will function as Bluetooth® 5.2 or lower.
- ⁵⁰ Copilot in Excel requires AutoSave to be enabled, meaning the file must be saved to OneDrive; it doesn't function with unsaved files. Copilot features in Outlook apply to accounts with @outlook.com, @hotmail.com, @live.com, or @msn.com email addresses and are available in Outlook.com, Outlook built into Windows, Outlook on Mac, and iOS and Android apps. AI features only available to Microsoft 365 Family subscription owner and cannot be shared; usage limits apply. Learn more [Learn more Understanding AI credits - Microsoft Support](#). Microsoft Copilot features in Microsoft 365 are not available in China or Macao SAR.
- ⁵¹ Weight and system dimensions may fluctuate due to configuration and manufacturing variances.
- ⁵² Please make sure the USB Charging mode is enabled in the BIOS settings to activate the "HP Sleep and Charge" feature.
- ⁵⁴ Based on U.S. EPEAT registration according to the EPEAT criteria. EPEAT registered where applicable, tier levels may vary by country. See www.epeat.net for registration status and tier levels by country.

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