

HP Laptop 14-ep1007na

Powerfully and responsibly made to get things done everyday

The HP 14" Laptop PC comes feature-packed to get things done and make your wallet—and the planet—happy. Responsibly designed, this powerful PC features an Intel® Processor and ample storage for effortless multi-tasking. Plus, it contains ocean-bound and post-consumer recycled plastics² and is EPEAT® Gold Registered and ENERGY STAR® Certified³.



*Product image may differ from actual product



Your all-day, dependable device for productivity

Face the day with a dependable Intel® Processor¹, long battery life, ample storage, and fast connections.



Embrace your hybrid life

Stay connected or get lost in ultra-sharp, high-resolution content, whether at home or on the go.



Connect and collaborate on your terms

Clear and secure video chats with a HP True Vision 1080p camera with privacy door, dual mics, and background noise-reduction.⁴

Sustainability in action

Designed for sustainability

This reliable PC is thoughtfully designed; EPEAT® Gold Registered and ENERGY STAR® Certified⁵.

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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.⁶

Intel® Core™ Ultra 5

Experience the premium power and responsiveness to get more done. Create, edit, and share content with ease and enjoy immersive, HD entertainment experiences.⁷

Flicker-free

Using DC Dimming technology that controls brightness by adjusting direct current rather than cycling the backlight, we can eliminate screen flickering for more comfortable viewing.⁸

Full HD display

Sit back and enjoy crystal-clear visuals and images with the vibrant quality of 2 million pixels. The 1920 x 1080 resolution gives all your digital content a new dimension.⁹

Anti-glare panel

Enjoy the sun and your favorite content with this anti-glare panel. Non-reflective and low gloss means you'll get less glare while you're outside.

16:9 aspect ratio

A 16:9 aspect ratio lets you see all of your game.

Keyboard keycaps contain post-consumer recycled plastic

We're bringing a more sustainable design to our keyboards by using keycaps made with post-consumer recycled plastic.¹⁰

ENERGY STAR® certified

Save energy and money with ENERGY STAR®, certified by the EPA so you will use less energy and save money where it counts most.¹¹

EPEAT® Gold registered

EPEAT® Gold registered products are the highest-rated products that meet all of EPEAT required criteria. EPEAT is the world's premier ecolabel for electronics.¹²

Try PC Game Pass for free with your new HP device

Play hundreds of high-quality PC games with your new HP device and 3 free months of PC Game Pass - including EA play. With new games added all the time, there's always something new to play.¹³

HP Fast Charge

When your laptop is low on power, no one has time to wait hours to recharge. Power down your device and go from 0 to 50% charge in approximately 45 minutes.¹⁴

PCIe SSD storage

Boot up in seconds with lightning fast speed with up to 256 GB PCIe SSD storage.

Effortlessly connected

Enjoy faster speeds, improved performance and greater capacity with Wi-Fi 6 and Bluetooth® 5.4 wireless card.¹⁵

Dual speakers

Pump up the volume to your favorite music, movie or game with dual-stereo speakers.

DDR5 RAM

Designed to run efficiently and reliably at faster speeds, DDR5 is the latest RAM standard. With higher bandwidth, you get more of a boost in performance.

USB Type-C® Power + Display + 10Gbps signaling rate

Power your device or connect to an external display from just one USB-C® port with 10Gbps signaling rate. And it's reversible, so you never have to worry about plugging in upside down.¹⁶

Connected Modern Standby

Stay up-to-date on your email, calendar notifications, and more—even when you're not using your PC. Your PC stays connected for instant updates.

Full-sized keyboard

The full-sized keyboard allows you to work anywhere, with 1.5mm key travel for typing comfort and total productivity.

Microphone Mute

Enjoy greater peace of mind and the convenience of a dedicated microphone mute button that you can easily activate and know it's on or off with an LED indicator light.

HP True Vision HD Camera

Video chat in vibrant clarity, even in low light and make every conversation a face-to-face experience for a better way to stay in touch.⁴

Recommended accessories and services (not included)



3-year pickup and return
U1PS3E



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Specifications



Performance

Operating system
Windows 11 Home

Processor
Intel® Core™ Ultra 5 125H (up to 4.5 GHz with Intel® Turbo Boost Technology, 18 MB L3 cache, 14 cores, 18 threads)^{6,7}
Processor family: Intel® Core™ Ultra 5 processor
Neural Processing Unit (NPU): Intel® AI Boost (11 NPU TOPS)

Chipset
Intel® integrated SoC

Memory
8 GB DDR5-5600 MT/s (1 x 8 GB)
Transfer rates up to 5600 MT/s.
Number of User-accessible Memory Slots: 0

Storage
256 GB PCIe® NVMe™ M.2 SSD
25 GB Dropbox storage for 12 months¹

Graphics
Integrated: Intel® Arc™ Graphics;
Intel® Arc™ Graphics capabilities require system to be configured with Intel® Core™ Ultra processors with and dual channel memory and at least with 16GB (and above) memory. Intel® Arc™ Graphics with Intel® Core™ Ultra processors with and single channel memory will only function as Intel® Graphics brand.

Audio
Dual speakers

Display
35.6 cm (14") diagonal, FHD (1920 x 1080), micro-edge, anti-glare, 250 nits, 62.5% sRGB¹⁷

Screen-to-body ratio
84.01%¹⁸

Power
65 W AC power adapter;

Battery type
3-cell, 41 Wh Li-ion polymer²³

Battery and Power
Up to 8 hours and 30 minutes³;
Supports battery fast charge: approximately 50% in 45 minutes⁵

Maximum battery life video playback
Up to 11 hours and 15 minutes¹⁰

Connectivity

Wireless connectivity
Realtek Wi-Fi 6 (2x2) and Bluetooth® 5.4 wireless card ^{11,12,46}
Modern Standby (Connected)

Ports
2 USB Type-A 5Gbps signaling rate; 1 AC smart pin; 1 HDMI 1.4b; 1 headphone/microphone combo; 1 USB Type-C® 10Gbps signaling rate (USB Power Delivery, DisplayPort™ 1.4b, HP Sleep and Charge)¹⁹

Webcam
HP True Vision 720p HD camera with temporal noise reduction and integrated dual array digital microphones

Sustainability

Ecolabels
EPEAT® Gold registered²⁷

Energy star certified
ENERGY STAR® certified

Sustainable impact specifications
Ocean-bound plastic in keyboard frame, base and sideband;Keyboard keycaps and scissors contain post-consumer recycled plastic^{39,41}

Design

Product color
Natural silver
Matte paint cover and keyboard frame finish, textured base

Software

HP apps
HP Support Assistant; HP Connection Optimizer; OMEN Gaming Hub; myHP

Software
1 month trial for new Microsoft 365 customers²⁴

Service & support
McAfee Online Protection 30-day trial; 1-month Adobe free trial offer; PC Game Pass 3-month trial ^{2,25}

Additional information

Part Number
P/N: CF6X2EA #ABU
UPC/EAN code: 199642866492

Weight
1.4 kg;
Packed: 2 kg

Dimensions
32.37 x 21.5 x 1.79 cm (front); 32.37 x 21.5 x 3.25 cm (rear);
Packed: 6.9 x 48.3 x 30.5 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.

Keyboard
Full-size, soft gray keyboard
HP Imagepad

Security management
Mic mute key; Camera privacy shutter; Trusted Platform Module (Firmware TPM) support



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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 is not a measurement of higher performance.

² Ocean-bound plastic material in product bezel and speaker housing, post-consumer recycled plastic in the keyboard scissiors and keycaps. Percent of recycled materials contained in each component varies by product.

³ Based on U.S. EPEAT® registration according to IEEE 16801-2018 EPEAT®. EPEAT® status varies by country. Visit www.epeat.net for more information.

⁴ Features may require software or other 3rd party applications to provide the described functionality.

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⁶ 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>.

⁷ Intel and Core are trademarks of Intel Corporation in the U.S. and other countries.

⁸ The flicker-free capability eliminates screen flickering through integrating DC-dimming LED backlights.

⁹ Full high-definition (FHD) content is required to view FHD images.

¹⁰ Percentage of post-consumer recycled plastic contained in keycap varies by product.

¹¹ ENERGY STAR and the ENERGY STAR logo are registered trademarks of the U.S. Environmental Protection Agency.

¹² EPEAT® Gold registered where applicable. EPEAT registration varies by country. See www.epeat.net for registration status by country.

¹³ PC Game Pass: Subscription continues automatically at regular monthly price unless cancelled. Subject to xbox.com/subscriptionterms. Terms and exclusions apply. Game catalog varies over time, by region, and by device. All rights reserved. Xbox.com/pcgamepass, ea.com/ea-play/terms. Three month trial for devices purchased after October 2024. Microsoft account required. Offers available in select regions only. Credit card required. After promotional period, subscription automatically continues at the then-current regular price (subject to change), unless cancelled, plus applicable taxes. For cancellation details, see xbox.com/cancel. For complete details see terms and conditions <https://www.xbox.com/en-US/xbox-game-pass?mssockid=3f8c879b624a6bb10ac4924e63d86a01>

¹⁴ Recharges your battery up to 50% within 45 minutes when the system is off using "shut down" command, using HP adapter provided with the notebook or recommended power adapter disclosed in specifications (see <http://store.hp.com>). After charging has reached 50% capacity, charging speed will return to normal speed. Charging time may vary +/- 10% due to System tolerance. Available on select HP products.

¹⁵ Wireless access point and internet service required and sold separately. Availability of public wireless access points limited. Wi-Fi 6 is backwards compatible with prior 802.11 specs. Wi-Fi 6 is designed to support gigabit data rate when transferring files between two devices connected to the same router. Requires a wireless router, sold separately, that supports 80MHz and higher channels. Wi-Fi 6 (802.11ax) is not supported in Belarus where Wi-Fi settings will be optimized to local regulatory requirements (802.11ac). Bluetooth® 5.4 operation requires Microsoft OS/Chrome OS support. Until Microsoft OS/Chrome OS support is available, Bluetooth® 5.4 will function as Bluetooth® 5.3 or lower. Bluetooth® is a trademark owned by its proprietor and used by HP Inc. under license.

¹⁶ Actual throughput may vary. USB Type-C® and USB-C® are trademarks of USB Implementers Forum. Display measured diagonally

Technical Specifications Footnotes

¹ 25 GB of free Dropbox storage for 12 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.

³ MobileMark 25 Battery life will vary depending on various factors including product model, configuration, loaded applications, features, use, wireless functionality, and power management settings. The maximum capacity of the battery will naturally decrease with time and usage. See <https://bapco.com/products/mobilemark-25/> for additional details.

⁵ Recharges your battery up to 50% within 45 minutes when the system is off using "shut down" command, using HP adapter provided with the notebook or recommended power adapter disclosed in specifications (see <http://store.hp.com>). After charging has reached 50% capacity, charging speed will return to normal speed. Charging time may vary +/-10% due to System tolerance. Available on select HP products.

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.

¹⁰ Battery life tested by HP using continuous FHD video playback, 1080p (1920x1080) resolution, 150 nits brightness, system audio level at 17% as image default, player audio level at 100%, played full-screen from local storage, headphone attached or through speaker (if no audio jack port), wireless on but not connected. Actual battery life will vary depending on configuration and maximum capacity will naturally decrease with time and usage.

¹¹ Wi-Fi 6 is designed to support gigabit data rate when transferring files between two devices connected to the same router. Requires a wireless router, sold separately, that supports 80MHz and higher channels.

¹² Wireless access point and internet service required and sold separately. Availability of public wireless access points limited. Wi-Fi 6 is backwards compatible with prior 802.11 specs.

¹⁷ All performance specifications represent the typical specifications provided by HP's component manufacturers; actual performance may vary either higher or lower.

¹⁸ Percent of active plus nonactive viewing area to active viewing area plus border. Measure with lid vertical to the desk.

¹⁹ For best results with HP Sleep and Charge, use a USB charging protocol standard cable or cable adapter with an external device.

²³ Actual battery Watt-hours (Wh) will vary from design capacity. Battery capacity will naturally decrease with shelf life, time, usage, environment, temperature, system configuration, loaded apps, features, power management settings and other factors.

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.

²⁷ Based on U.S. EPEAT® registration according to IEEE 16801-2018 EPEAT®. EPEAT® status varies by country. Visit www.epeat.net for more information.

³⁷ Weight and system dimensions may fluctuate due to configuration and manufacturing variances.

³⁹ Percentage of ocean-bound plastic contained in each component varies by product.

⁴¹ Keyboard keycaps contain post-consumer recycled plastic. Percentage of post consumer recycled contained in each component varies by product.

⁴⁵ The Flicker-free capability is eliminating screen flickering through integrating DC-dimming LED backlights or LED emissions. OLED panel is functional with DC-DIMMING when above 100nits.

⁴⁶ Bluetooth® 5.4 operation requires Microsoft OS/Chrome OS support. Until Microsoft OS/Chrome OS support is available, Bluetooth® 5.4 will function as Bluetooth® 5.3 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.

