

ThinkPad T14 Gen 6 (AMD) 21QJ0056MX

Lenovo

PSREF
Product Specifications
Reference

PERFORMANCE

Processor

AMD Ryzen™ AI 7 PRO 350 (8C / 16T, 2.0 / 5.0GHz, 8MB L2 / 16MB L3)

AI PC Category^[1]

Copilot+ PC

NPU

Integrated AMD Ryzen™ AI, up to 50 TOPS

Graphics

Integrated AMD Radeon™ 860M Graphics

Chipset

AMD SoC Platform

Memory

2x 16GB SO-DIMM DDR5-5600

Memory Slots

Two DDR5 SO-DIMM slots, dual-channel capable

Max Memory

Up to 64GB DDR5-5600

Storage

512GB SSD M.2 2280 PCIe® 4.0x4 Performance NVMe® Opal 2.0

Storage Slot

One M.2 2280 PCIe® 4.0 x4 slot

Max Storage Support^[2]

One drive, up to 2TB M.2 2280 SSD

Audio Chip

High Definition (HD) Audio, Realtek® ALC3287 codec

Speakers

Stereo speakers, 2W x2, Dolby Audio™

Microphone

2x, 360°

Camera

5.0MP + IR Discrete with Privacy Shutter

Battery

57Wh

Power Adapter

65W USB-C® Slim GaN (3-pin)

DESIGN

Display^[3]

14" WUXGA (1920x1200) IPS 500nits Anti-glare, 100% sRGB, 60Hz, Low Power

Screen-to-Body Ratio

85.73%

Pen

Pen Not Supported

Keyboard

Backlit, Nordic (DK/FI/NO/SV)

Dimensions (WxDxH)^[4]

315.9 x 223.7 x 10.9/16.13 (front/rear), 21.95 (maximum) mm;
12.44 x 8.81 x 0.43/0.64 (front/rear), 0.86 (maximum) inches

Weight^[5]

Starting at 1.38 kg (3.05 lbs)

Case Color

Black

Case Material

PC + 20% CF (Top), PC + 20% CF (Bottom)

SOFTWARE

Operating System

Windows® 11 Pro, Nordic (DK/FI/SV/NO/EN)

Bundled Software

Lenovo® AI Now

CONNECTIVITY

WLAN + Bluetooth^[6]

MediaTek Wi-Fi® 7 MT7925, 802.11be 2x2 + BT5.4

WWAN

WWAN Upgradable to 4G

Ethernet

100/1000M (RJ-45)

Standard Ports

- 1x USB-A (USB 5Gbps / USB 3.2 Gen 1)
- 1x USB-A (USB 5Gbps / USB 3.2 Gen 1), Always On
- 2x 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)

Optional Ports (configured)

- 1x Smart Card Reader
- 1x Nano-SIM Card Slot

Docking

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

For more compatible docking solutions, please visit [Docking for ThinkPad® T14 Gen 6 \(AMD\)](#)

SECURITY & PRIVACY

Security Chip

Discrete TPM 2.0 Enabled

Physical Locks

Kensington® Nano Security Slot™, 2.5 x 6 mm

Smart Card Reader

Smart Card Reader

Fingerprint Reader

Touch Style, Match-on-Chip, Integrated in Power Button

Other Security

- ThinkShield
- Camera privacy shutter (camera models)
- Ultrasonic Human Presence Detection
- IR camera for Windows® Hello (facial recognition)

MANAGEABILITY

System Management

DASH

SERVICE

Base Warranty

3-year, Courier or Carry-in

Included Upgrade

3Y Premier Support HB (CPN)

CERTIFICATIONS

Green Certifications^[7]

- ENERGY STAR® 9.0
- EPEAT™ Gold Registered
- ErP Lot 6/26
- RoHS compliant
- TCO Certified, generation 10

Mil-Spec Test

MIL-STD-810H military test passed

Other Certifications

Eyesafe® Certified 2.0

MODEL

TopSeller : Yes

Announce Date : 2025-05-24

EAN / UPC / JAN : 0198158839457

End of Support : 2031-11-22



Product image is a sample, it may not match the real color of this model

• Lenovo reserves the right to change specifications without notice.

To see more note information, please access the [web page](#).

Premier Support - A direct 24x7x365 line to our most elite technicians.



Advanced technical support, 24x7x365, in more than 100 markets



Technical Account Managers for proactive relationship and escalation management



Comprehensive hardware & OEM software support



Priority on service delivery and repair parts



Single point of contact for simplified end-to-end case management



Lenovo Service Connect Portal for customized reporting and product support

Accidental Damage Protection - Protection of your PC from the unexpected.

Experience shows that a significant portion of devices may be damaged (and not covered under warranty) in the first three years. Lenovo's Accidental Damage Protection service covers accidents beyond the system warranty such as drops, spills, bumps and even electrical surges. Make sure your new device has maximum protection, avoid unplanned costs and get peace of mind.

Base Warranty - Included with the systems you purchase, default 1- or 3-year coverage window.

Warranty Extensions & Upgrades - Service and protection that's right for your circumstances.

- Pick Up & Return Courier
- Onsite Support
- Technician Installed Customer
- Replaceable Unit Service
- International Warranty Upgrade

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Recommended Accessories



ThinkPad Universal USB-C Dock

40AY0090US

THE SMARTER WAY TO WORK Introducing the ThinkPad Universal USB-C Dock. This advanced, universally compatible one-cable docking solution lets you work smarter, not harder. It comes with a vast array of ports, next-gen ...



ThinkPad Hybrid USB-C with USB-A Dock (American Standard Plug Type B)

40AF0135US

- The ThinkPad Hybrid USB-C with USB-A dock is a productivity solution for any USB-C or USB-A laptop, including non-Lenovo laptops from Dell, HP, and Apple, providing power, display, and port expansion in any m...

Please click [here](#) to view the full list of accessories.

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