



HP OmniBook X FlipNGAI 14-fm0005na Copilot+ PC Intel Core Ultra 5 226V Hybrid (2-in-1) 35.6 cm (14") Touchscreen 2K 16 GB LPDDR5x-SDRAM 512 GB SSD Wi-Fi 7 (802.11be) Windows 11 Home Silver

Brand : HP

Product family: OmniBook X FlipNGAI

Product code: BG3F1EA



Product name : OmniBook X FlipNGAI 14-fm0005na



- Intel Core Ultra 5 226V (up to 4.5 GHz with Intel Turbo Boost Technology, 8 MB L3 cache, 8 cores, 8 threads)
 - Windows 11 Home
 - 35.6 cm (14") diagonal 2K touch display
 - Intel Arc 130V GPU (8GB)
 - 16 GB LPDDR5x-8533 MT/s (onboard), 512 GB PCIe Gen4 NVMe M.2 SSD
- OmniBook X Flip 2-in-1 Laptop Next Gen AI 14-fm0005na, Windows 11 Home, 14", Touch screen, Intel Core Ultra 5, 16GB RAM, 512GB SSD, 2K, Meteor silver

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Create anywhere, in any angle, with an HP Next Gen AI PC

The thin and light HP OmniBook X Flip 14 Next Gen AI PC enables creatives to work and play from any angle with multiple modes, and features a high-resolution edge-to-edge display for crisp, clear images, an AI-powered processor, and an all-day, fast-charging battery for the speed, performance, and endurance to create wherever you are.

Design		Ports & interfaces	
Colour name	Meteor silver	USB 3.2 Gen 2 (3.1 Gen 2) Type-A ports quantity	2
Product type *	Hybrid (2-in-1)	USB 3.2 Gen 2 (3.1 Gen 2) Type-C ports quantity	1
Product colour *	Silver	USB4 Gen 3x2 ports quantity	1
Form factor *	Convertible (Folder)	HDMI ports quantity *	1
Market positioning	Premium	HDMI version	2.1
Country of origin	China	Thunderbolt 4 ports quantity	1
Original brand name	HP	Intel® Thunderbolt 4	✓
Display		Microphone in	✓
Display diagonal *	35.6 cm (14")	Combo headphone/mic port	✓
Display resolution *	1920 x 1200 pixels	USB Type-C DisplayPort Alternate Mode	✓
Touchscreen *	✓	USB Sleep-and-Charge	✓
HD type	2K	USB Sleep-and-Charge ports	2
Panel type	IPS	Performance	
Native aspect ratio	16:10	Motherboard chipset	Intel SoC
Display glass type	Gorilla Glass	Accelerometer	✓
Display bezel technology	Micro-Edge	Gyroscope	✓
Display brightness	400 cd/m²	Temperature sensor	✓
Display diagonal (metric)	35.6 cm	Keyboard	
RGB colour space	sRGB	Pointing device	Touchpad
Colour gamut	62.5%	Numeric keypad *	✗
sRGB coverage (typical)	62.5%	Keyboard backlit	✓
Processor		Full-size keyboard	✓
Processor manufacturer *	Intel	Keyboard colour name	Soft gray
Processor family *	Intel Core Ultra 5		
Processor generation	Intel Core Ultra (Series 2)		
Processor model *	226V		
Processor cores	8		
Processor threads	8		
Processor boost frequency	4.5 GHz		

Processor		Software	
Performance cores	4	Pre-installed software	Copilot in Windows with Copilot key; Poly Camera Pro, 1 month trial for new Microsoft 365 customers, McAfee Online Protection 30-day trial; 1-month Adobe free trial offer; PC Game Pass 3-month trial
Low Power Efficient-cores	4		
Performance-core Max Turbo Frequency	4.5 GHz		
Low Power Efficient-core Max Turbo Frequency	3.5 GHz		
Performance-core base frequency	2.1 GHz	Trial software	100 GB Dropbox storage for 3 months
Low Power Efficient-core Base Frequency	2100 MHz	Operating system installed *	Windows 11 Home
Processor cache	8 MB	Processor special features	
Processor cache type	L3	Intel® Turbo Boost Technology	✓
Processor base power	17 W	Brand-specific features	
Maximum turbo power	37 W	HP Audio Boost	✓
Neural processor unit (NPU)		HP speaker type	HP Dual Speakers
Copilot+ PC	✓	HP Imagepad	✓
Neural processor unit (NPU)	Intel AI Boost	HP Security tools	Mic mute key; Camera privacy shutter; Trusted Platform Module (Firmware TPM) support
Sparsity support	✓		
Windows Studio effects support	✓	HP Software provided	HP Support Assistant; HP Connection Optimizer; HP Enhanced Lighting; HP AI Companion
AI software frameworks supported by NPU	DirectML, OpenVINO, Windows ML, ONNX RT, WebNN		
Total processor performance up to	97 TOPs	HP segment	Home
NPU performance up to	40 TOPs	HP GTIN (EAN/UPC)	199251075070
GPU performance up to	53 TOPs	Battery	
Memory		Battery technology	Lithium Polymer (LiPo)
Internal memory *	16 GB	Number of battery cells	3
Internal memory type	LPDDR5x-SDRAM	Battery capacity *	59 Wh
Memory clock speed	8533 MHz	Battery life (max)	16.5 h
Memory form factor	On-board	Continuous video playback time (max)	22.75 h
Memory layout (slots x size)	Not available	Fast charging	✓
Maximum internal memory *	16 GB	Fast charging time (50%)	30 min
Storage		Power	
Total storage capacity *	512 GB	AC adapter power	65 W
Storage media *	SSD	AC adapter frequency	50 - 60 Hz
Total SSDs capacity	512 GB	AC adapter input voltage	100 - 240 V
Number of SSDs installed	1	USB Type-C charging port *	✓
SSD capacity	512 GB	USB Power Delivery (USB PD)	✓
SSD interface	PCI Express 4.0	Security	
NVMe	✓	Trusted Platform Module (TPM)	✓
SSD form factor	M.2	Password protection	✓
Optical drive type *	✗	Password protection type	BIOS, Power on
Graphics		Sustainability	
Discrete graphics card model *	Not available	Sustainability compliance	✓
On-board graphics card *	✓	Sustainability certificates	ENERGY STAR, EPEAT, EPEAT Gold
On-board GPU manufacturer	Intel	Sustainable technologies and materials	Ocean-bound plastic in speaker enclosure(s) and bezel; Recycled metal in cover, keyboard frame, base and hinge cap(s); Keyboard keycaps and scissors contain post-consumer recycled plastic
Discrete graphics card *	✗		
On-board graphics card family	Intel Arc Graphics		
On-board graphics card model *	Intel Arc Graphics 130V		
Audio		Weight & dimensions	
Audio system	DTS:X Ultra	Width	313 mm
Built-in speaker(s)	✓	Depth	218.5 mm
Number of built-in speakers	2	Height	14.6 mm
Built-in microphone	✓	Weight *	1.38 kg
Number of microphones	2	Packaging data	
Camera		Package width	80 mm
Front camera	✓	Package depth	380 mm
Front camera resolution (numeric)	5 MP		
Infrared (IR) camera	✓		

Network	
Wi-Fi	✓
Top Wi-Fi standard *	Wi-Fi 7 (802.11be)
Wi-Fi standards	Wi-Fi 7 (802.11be)
Mobile network connection *	✗
Antenna type	2x2
WLAN controller model	Intel Wi-Fi 7 BE201
WLAN controller manufacturer	Intel
Bluetooth	✓
Bluetooth version	5.4

Packaging data	
Package height	280 mm
Package weight	2.44 kg
Carbon footprint	
Total carbon footprint (kg of CO2e)	160.783
Carbon emissions, manufacturing (kg of CO2e)	146.969
Carbon emissions, logistics (kg of CO2e)	4.525
Carbon emissions, end-of-life (kg of CO2e)	0.542
Total carbon emissions, w/o use phase (kg of CO2e)	8.747
Packaging content	
AC adapter included *	✓
Keyboard included	✓
Technical details	
General Product Safety Regulation (GPSR) URL	https://support.hp.com/us-en/document/ish_6126692-6126777-16?openCLC=true ; HP REG 23010, 08028 Barcelona, Spain ; reg@hp.com
Other features	
UNSPSC-code	43211503
Supplied AC adapter type	Sandblasted anodized finish
	1 year (1/1/0) limited warranty includes 1 year of parts and labor.
Manufacturer warranty	No on-site repair. Terms and conditions vary by country. Certain restrictions and exclusions apply.



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