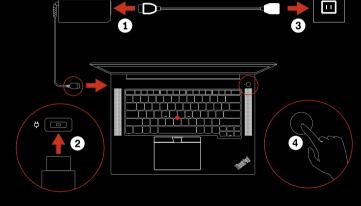
ThinkPal®

X1 Extreme Gen 4 / P1 Gen 4

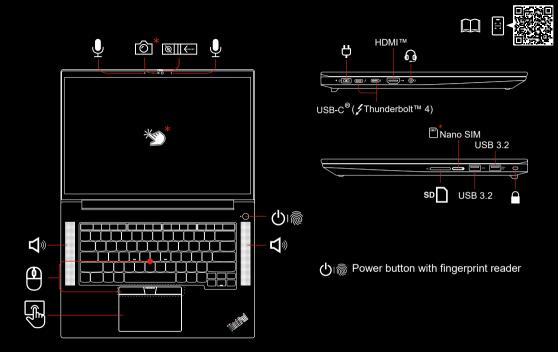
For selected models





Lenovo USB-C to Ethernet Adapter





Commercial Vantage



Settings, Smart Assist, Updates, WiFi Security, Support & Warranty

Intelligent Cooling



Adjust Lenovo Intelligent Cooling through the Windows Power Slider to get the best mix of battery life, computer performance, and fan speed.

[English]

USB transfer rate

Read the statement on USB transfer rate in the *User Guide*. To access the *User Guide*, go to https://pcsupport.lenovo.com.

Specific absorption rate (SAR)

YOUR DEVICE MEETS INTERNATIONAL GUIDELINES FOR EXPOSURE TO RADIO WAVES.

Your device is a radio transmitter and receiver. It is designed not to exceed the limits for exposure to radio waves (radio frequency electromagnetic fields) recommended by international guidelines. The guidelines were developed by an independent scientific organization (ICNIRP) and include a substantial safety margin designed to assure the safety of all persons, regardless of age and health.

The radio wave exposure guidelines use a unit of measurement known as the Specific Absorption Rate, or SAR. Refer to the following for 10g SAR limit and maximum reported SAR values:

10g SAR limit: 2 W/kg (body-worn SAR); 4 W/kg (limb SAR)

Maximum SAR with 0 mm separation distance: 0.900 W/kg (body-worn SAR); 3.189 W/kg (limb SAR)

Where possible, your radio device should be used on a table, desk or tray, which also assists ventilation. To limit exposure from radio waves, use the device under good radio signal conditions and keep the antennas furthest from your body and that of other people. Refer to the *User Guide* of your product to view the locations of the antennas. Pregnant women should keep the antennas away from their stomach and adolescences away from their lower abdomen. Wearers of electronic implant devices (pacemakers, insulin pumps, neurostimulators, etc.) should maintain a distance greater than 15 centimeters between the radio device and the implant device. Obey all local

restrictions when using your device in public areas, such as hospitals, airplanes, or schools.

European Union (EU) / United Kingdom (UK) — Radio Equipment Compliance

Hereby, Lenovo (Singapore) Pte. Ltd., declares that the radio equipment type Think-Pad X1 Extreme Gen 4 / F1 Gen 4 is in compliance with Directive 2014/53/EU, as well as UK Radio Equipment Regulations SI 2017 No. 1206.

The full texts of the system declarations of conformity are available at: https://www.lenovo.com/us/en/compliance/eu-doc for EU and https://www.lenovo.com/us/en/compliance/uk-doc for UK.

This radio equipment operates with the following frequency bands and maximum radio-frequency power:

Technology		Maximum transmit power
WLAN 802.11b/g/n/ax	2400 - 2483.5	< 20 dBm
WLAN 802.11a/n/ac/ax	5150 - 5725	< 23 dBm
WLAN 802.11a/n/ac/ax	5725 - 5875	< 13.98 dBm
WLAN 802.11ax	5945 - 6425	< 23 dBm
Bluetooth BR/EDR/LE	2400 - 2483.5	< 20 dBm
WWAN UMTS	1/8	< 24.5 dBm
WWAN LTE	1/3/7/8/20/28//34/38/40/42	< 24.5 dBm
WWAN 5G NR	1/3/7/8/20/28/38	< 24 dBm
WWAN 5G NR	41/77/78	< 27 dBm

Note: Not all wireless bands may be enabled depending on your product configuration. Usage of this device is limited to indoor locations in the bands 5150 - 5350 MHz and 5945 - 6425 MHz.

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For Darcode Position Only

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