

OMEN by HP 45L Gaming Desktop GT22-3090

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

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.²

USB Type-A 5Gbps signaling data rate

Plug in your external storage with this USB Type-A port, featuring 5Gbps signaling data rate.³

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.

Sustainable design

Because little things make a big difference, this product includes sustainable materials like post-consumer recycled plastic in the design.⁴



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Specifications



Performance

Operating system

Windows 11 Pro

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™ M.2 SSD

25 GB Dropbox storage for 12 months¹

Graphics

Integrated: Intel® Graphics;

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

Audio

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

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); 2 USB 2.0 Type-A; 1 headphone/microphone combo; 1 microphone¹⁹

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

Ecolabels

EPEAT® Gold with Climate+²⁷

Energy star certified

ENERGY STAR® certified

Sustainable impact specifications

Molded paper pulp cushion inside box is 100% sustainably sourced and recyclable; 10% post-consumer recycled plastic; Water based paint⁴¹

Design

Product color

Black, glass side panel, dark chrome logo

Paint coat

Software

HP apps

HP Connection Optimizer; HP Support Assistant; HP BIOS Protection; OMEN Gaming Hub

Software

Otter.ai; Copilot in Windows with Copilot key³⁶; 1 month trial for new Microsoft 365 customers²⁴

Service & support

1-month Adobe free trial offer; McAfee Online Protection 30-day trial; PC Game Pass 3-month trial^{2,25,43}

Additional information

Part Number

P/N: B91WJAA

UPC/EAN code: 198990612317

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 limited hardware warranty, limited technical support for software and initial setup (from date of purchase).¹⁴

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 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.

³ Actual throughput may vary.

⁴ Percentage of post-consumer recycled plastic varies by product. Recycled plastic content percentage is based on the definition set in the IEEE 1680.1-2018 standard.

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.

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® supporting gigabit speeds is achievable when transferring files between two devices connected to the same router. Requires a wireless router, sold separately, that supports 160 MHz channels.

¹² Wireless access point and Internet service required and sold separately. Availability of public wireless access points limited.

¹⁴ Wireless access point and internet service required and sold separately. Availability of public wireless access points limited; Call 1.800.474.6836 or support.hp.com for more information on Care Packs available after standard warranty expires. After standard warranty expires, an incident fee may apply.

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.

²⁷ ENERGY STAR and the ENERGY STAR mark are registered trademarks owned by the U.S. Environmental Protection Agency. Based on U.S. EPEAT® registration according to IEEE 1680.1-2018 EPEAT®. EPEAT® status varies by country. Visit www.epeat.net for more information.

³² HP BIOS Protection works with Windows 11 that ships with your PC; For more information visit hp.com/go/hpsupportassistant. (Link will vary outside of the U.S.) HP Support Assistant is only available on Windows-based PCs. Internet connection required for updating and connecting to HP Support. Internet service required and not included.

³⁶ Requires Windows 11. Some features require an NPU. Timing of feature delivery and availability varies by market and device. Requires Microsoft account to log in. Where Copilot is not available, the Copilot key will lead to the Bing search engine. See <http://aka.ms/WindowsAIFeatures>.

³⁸ 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>

⁴¹ Percentage of water based paint varies by product; Percentage of post-consumer recycled plastic varies by product. Recycled plastic content percentage is based on the definition set in the IEEE 1680.1-2018 standard.

⁴³ Xbox Game Pass sold separately. Credit card required. Unless you cancel, you will be charged the then-current regular membership rate when the promotional period ends. Terms, exclusions, and streaming limits apply. Xbox Cloud Gaming (Beta): select devices and regions. After term, active membership required to play games and online multiplayer. Game catalog varies over time, region, and by device. DLC sold separately; if a game is removed from catalog or your membership ends, you will need to purchase the game separately to use your DLC. If you're already an Xbox Live Gold and/or Game Pass for Console/PC member, any days remaining in your membership/s will be converted to Ultimate using a conversion ratio. Future code redemptions also subject to conversion ratio. All conversions to Ultimate are final. Details and system requirements at xbox.com/gamepass. Offer valid in all Xbox Game Pass markets excluding Russia. Digital Direct: Your digital content will be delivered directly to your device during set-up; no codes required. PC Game Pass: Subscription continues automatically at regular monthly price unless cancelled. Subject to xbox.com/subscriptionterms.

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.

