

Memory Support - Z690 AORUS PRO (ver. 1.x)

Module Supplier	Density	SS/DS	Chip Brand	Timing	Memory socket support			XMP	Native
					1				
AORUS	16GB	SS	Hynix	40-40-40-76	v	v	4800		
ADATA	16GB	SS	Hynix	40-40-40-76	v	v	4800		
ADATA	16GB	SS	Hynix	40-40-40-76	v	v	4800		
ADATA	16GB	SS	Hynix	40-40-40-76	v	v	4800		
ADATA	16GB	SS	Hynix	40-40-40-76	v	v	4800		
ADATA	16GB	SS	Hynix	40-40-40-76	v	v	4800		
ADATA	16GB	SS	Hynix	40-40-40-76	v	v	4800		
ADATA	16GB	SS	Hynix	40-40-40-76	v	v	4800		
ADATA	16GB	SS	Hynix	40-40-40-76	v	v	4800		
ADATA	16GB	SS	Hynix	40-40-40-76	v	v	4800		
ADATA	16GB	SS	Hynix	40-40-40-76	v	v	4800		
ADATA	16GB	SS	Samsung	40-40-40-76	v	v	4800		
ADATA	16GB	SS	Samsung	40-40-40-76	v	v	4800		
ADATA	16GB	SS	Samsung	40-40-40-76	v	v	4800		
ADATA	16GB	SS	Samsung	40-40-40-76	v	v	4800		
ADATA	32GB	DS	Hynix	40-40-40-76	v	v	4800		
ADATA	32GB	DS	Hynix	40-40-40-76	v	v	4800		
ADATA	32GB	DS	Hynix	40-40-40-76	v	v	4800		
CORSAIR	16GB	SS	Samsung	36-36-36-76	v	v	4800		
CORSAIR	16GB	SS	Samsung	36-36-36-76	v	v	4800		
CORSAIR	16GB	SS	Hynix M	36-38-38-76	v	v	4800		
G.SKILL	16GB	SS	Samsung	36-36-36-76	v	v	4800		
G.SKILL	16GB	SS	Samsung	36-36-36-76	v	v	4800		
G.SKILL	16GB	SS	Samsung	36-36-36-76	v	v	4800		
G.SKILL	16GB	SS	Samsung	36-36-36-76	v	v	4800		
G.SKILL	16GB	SS	Samsung	40-40-40-76	v	v	4800		
G.SKILL	16GB	SS	Samsung	40-40-40-76	v	v	4800		
G.SKILL	16GB	SS	Samsung	40-40-40-76	v	v	4800		
G.SKILL	16GB	SS	Samsung	40-40-40-76	v	v	4800		
G.SKILL	16GB	SS	Samsung	40-40-40-96	v	v	4800		
G.SKILL	16GB	SS	Samsung	40-40-40-96	v	v	4800		
G.SKILL	16GB	SS	Samsung	40-40-40-96	v	v	4800		
G.SKILL	16GB	SS	Samsung	40-40-40-96	v	v	4800		
G.SKILL	16GB	SS	Samsung	40-40-40-96	v	v	4800		
G.SKILL	16GB	SS	Samsung	32-38-38-96	v	v	4800		
G.SKILL	16GB	SS	Samsung	32-38-38-96	v	v	4800		
G.SKILL	16GB	SS	Samsung	32-38-38-96	v	v	4800		
G.SKILL	16GB	SS	Samsung	32-38-38-96	v	v	4800		
G.SKILL	16GB	SS	Samsung	32-38-38-96	v	v	4800		
G.SKILL	16GB	SS	Samsung	32-38-38-96	v	v	4800		
G.SKILL	16GB	SS	Samsung	30-40-40-96	v	v	4800		
G.SKILL	16GB	SS	Samsung	30-40-40-96	v	v	4800		
G.SKILL	16GB	SS	Samsung	30-40-40-96	v	v	4800		
G.SKILL	16GB	SS	Samsung	30-40-40-96	v	v	4800		
G.SKILL	16GB	SS	Samsung	30-40-40-96	v	v	4800		
G.SKILL	16GB	SS	Samsung	30-40-40-96	v	v	4800		
G.SKILL	16GB	SS	Samsung	30-40-40-96	v	v	4800		
Kingston	8GB	SS	Hynix M	40-40-40-80	v	v	4800		
Kingston	8GB	SS	Hynix M	40-40-40-80	v	v	4800		
Kingston	8GB	SS	Hynix M	40-40-40-80	v	v	4800		
Kingston	8GB	SS	Hynix M	40-40-40-80	v	v	4800		
Kingston	16GB	SS	Hynix	40-40-40-80	v	v	4800		
Kingston	16GB	SS	Hynix	40-40-40-80	v	v	4800		
Kingston	16GB	SS	Hynix M	40-40-40-80	v	v	4800		
Kingston	16GB	SS	Hynix M	40-40-40-80	v	v	4800		
TEAMGROUP	16GB	SS	Hynix	38-38-38-78	v	v	4800		
TEAMGROUP	16GB	SS	Hynix	38-38-38-78	v	v	4800		
Thermaltake	16GB	SS	Hynix	40-40-40-76	v	v	4800		
Thermaltake	16GB	SS	Hynix	40-40-40-76	v	v	4800		
V-color	16GB	SS	Samsung	40-40-40-84	v	v	4800		
CORSAIR	16GB	SS	Samsung	36-36-36-76	v	v	4800		
CORSAIR	16GB	SS	Samsung	36-36-36-76	v	v	4800		
CORSAIR	16GB	SS	Samsung	40-40-40-77	v	v	4800		

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CORSAIR	24GB	SS	Spectek B	40-40-40-77	v	v	4800		
CORSAIR	48GB	DS	Spectek B	40-40-40-77	v	v	4800		
G.SKILL	16GB	SS	Samsung	36-36-36-76	v	v	4800		
G.SKILL	16GB	SS	Samsung	40-40-40-76	v	v	4800		
GEIL	16GB	SS	Micron A	38-44-44-84	v	v	4800		
Kingston	8GB	SS	Hynix M	40-40-40-80	v	v	4800		
Kingston	8GB	SS	Hynix M	40-40-40-80	v	v	4800		
Kingston	16GB	SS	Hynix	40-40-40-80	v	v	4800		
Kingston	16GB	SS	Hynix	40-40-40-80	v	v	4800		
Kingston	16GB	SS	Hynix M	40-40-40-80	v	v	4800		
Kingston	16GB	SS	Hynix M	40-40-40-80	v	v	4800		
Kingston	32GB	DS	Hynix M	40-40-40-80	v	v	4800		
Kingston	32GB	DS	Hynix M	40-40-40-80	v	v	4800		
Kingston	32GB	DS	Hynix M	40-40-40-80	v	v	4800		
Kingston	32GB	DS	Hynix M	40-40-40-80	v	v	4800		
Thermaltake	16GB	SS	Hynix	36-36-36-76	v	v	4800		
Thermaltake	16GB	SS	Hynix	36-36-36-76	v	v	4800		
AORUS	16GB	SS	Micron	40-40-40-80	v	v	4800		
ADATA	16GB	SS	Micron	38-38-38-76	v	v	4800		
ADATA	16GB	SS	Micron	38-38-38-76	v	v	4800		
ADATA	16GB	SS	Micron	38-38-38-76	v	v	4800		
ADATA	16GB	SS	Micron	38-38-38-76	v	v	4800		
ADATA	16GB	SS	Micron	38-38-38-76	v	v	4800		
ADATA	16GB	SS	Micron	38-38-38-76	v	v	4800		
CORSAIR	16GB	SS	Micron A	38-38-38-84	v	v	4800		
CORSAIR	16GB	SS	Micron A	38-38-38-84	v	v	4800		
CORSAIR	16GB	SS	Micron A	38-38-38-84	v	v	4800		
CORSAIR	16GB	SS	Micron A	38-38-38-84	v	v	4800		
CORSAIR	16GB	SS	Micron A	36-38-38-74	v	v	4800		
CORSAIR	32GB	DS	Micron A	38-38-38-84	v	v	4000		
CORSAIR	32GB	DS	Micron A	40-40-40-77	v	v	4800		
Kingston	8GB	SS	Micron A	40-40-40-80	v	v	4800		
Kingston	8GB	SS	Micron A	40-40-40-80	v	v	4800		
Kingston	8GB	SS	Micron A	40-40-40-80	v	v	4800		
Kingston	8GB	SS	Micron A	40-40-40-80	v	v	4800		
Kingston	16GB	SS	Micron	40-40-40-80	v	v	4800		
Kingston	16GB	SS	Micron	40-40-40-80	v	v	4800		
Kingston	16GB	SS	Micron A	40-40-40-80	v	v	4800		
Kingston	16GB	SS	Micron A	40-40-40-80	v	v	4800		
Kingston	32GB	DS	Hynix M	40-40-40-80	v	v	4800		
Kingston	32GB	DS	Hynix M	40-40-40-80	v	v	4800		
TEAMGROUP	16GB	SS	Micron	38-38-38-84	v	v	4800		
TEAMGROUP	16GB	SS	Micron	38-38-38-84	v	v	4800		
TEAMGROUP	16GB	SS	Micron	38-38-38-84	v	v	4800		
TEAMGROUP	16GB	SS	Micron	38-38-38-84	v	v	4800		
TEAMGROUP	16GB	SS	Micron	38-38-38-84	v	v	4800		
TEAMGROUP	16GB	SS	Micron	38-38-38-84	v	v	4800		
TEAMGROUP	16GB	SS	Micron	38-38-38-84	v	v	4800		
TEAMGROUP	16GB	SS	Micron	38-38-38-84	v	v	4800		
TEAMGROUP	16GB	SS	Micron	38-38-38-84	v	v	4800		
Thermaltake	16GB	SS	Hynix	38-38-38-76	v	v	4800		
Thermaltake	16GB	SS	Hynix	38-38-38-76	v	v	4800		
G.SKILL	16GB	SS	Micron	40-40-40-76	v	v	4800		
G.SKILL	16GB	SS	Samsung	36-36-36-76	v	v	4800		
ADATA	8GB	SS	Micron	40-40-40-77	v		4800		
ADATA	8GB	SS	Micron	40-40-40-77	v		4800		
ADATA	8GB	SS	Micron	40-40-40-77	v		4800		
ADATA	8GB	SS	Micron	40-40-40-77	v		4800		
CRUCIAL	8GB	SS	Micron	40-40-40-77	v		4800		
Samsung	8GB	SS	Samsung	40-40-40-77	v		4800		
ADATA	16GB	SS	Micron	40-40-40-77	v		4800		
ADATA	16GB	SS	Micron	40-40-40-77	v		4800		
ADATA	16GB	SS	Micron	40-40-40-77	v		4800		

Module Supplier	Density	SS/DS	Chip Brand	Timing	Memory socket support			XMP	Native
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ADATA	16GB	SS	Micron	40-40-40-77	v		4800		
CORSAIR	16GB	SS	Micron	34-35-35-69	v	v	4800		
CORSAIR	16GB	SS	Micron	34-35-35-69	v	v	4000		
CRUCIAL	16GB	SS	Micron	40-40-40-77	v		4800		
Kingston	8GB	SS	Micron A	38-38-38-70	v	v	4800		
Kingston	8GB	SS	Micron A	38-38-38-70	v	v	4800		
Kingston	8GB	SS	Micron A	38-38-38-70	v	v	4800		
Kingston	8GB	SS	Micron A	38-38-38-70	v	v	4800		
Kingston	16GB	SS	Micron	38-38-38-70	v	v	4800		
Kingston	16GB	SS	Micron	38-38-38-70	v	v	4800		
Kingston	16GB	SS	Micron	40-39-39	v	v	4800		
Kingston	16GB	SS	Micron	40-39-39	v	v	4800		
Kingston	16GB	SS	Micron A	38-38-38-70	v	v	4800		
Kingston	16GB	SS	Micron A	38-38-38-70	v	v	4800		
Kingston	32GB	DS	Micron A	38-38-38-70	v	v	4800		
Kingston	32GB	DS	Micron A	38-38-38-70	v	v	4800		
Kingston	32GB	DS	Micron A	38-38-38-70	v	v	4800		
Kingston	32GB	DS	Micron A	38-38-38-70	v	v	4800		
Kintigo	16GB	SS	Micron	40-40-40-77	v		4800		
KLEVV	16GB	SS	Hynix	40-40-40-77	v		4800		
KINGMAX	16GB	SS	Micron	40-40-40-77	v		4800		
PATRIOT	16GB	SS	Hynix	40-40-40-77	v		4800		
Samsung	16GB	SS	Samsung	40-40-40-77	v		4800		
TEAMGROUP	16GB	SS	Micron	40-40-40-77	v		4800		
TEAMGROUP	16GB	SS	Micron	40-40-40-77	v		4800		
TEAMGROUP	16GB	SS	Micron	36-36-36-77	v	v	4800		
TEAMGROUP	16GB	SS	Micron	36-36-36-77	v	v	4800		
TEAMGROUP	16GB	SS	Micron	36-36-36-77	v	v	4800		
TEAMGROUP	16GB	SS	Micron	36-36-36-77	v	v	4800		
TEAMGROUP	16GB	SS	Micron	36-36-36-77	v	v	4800		
TEAMGROUP	16GB	SS	Micron	36-36-36-77	v	v	4800		
TEAMGROUP	16GB	SS	Micron	36-36-36-77	v	v	4800		
TEAMGROUP	16GB	SS	Micron	36-36-36-77	v	v	4800		
Thermaltake	16GB	SS	Hynix	40-40-40-77	v		4800		
Thermaltake	16GB	SS	Hynix	40-40-40-77	v		4800		
CRUCIAL	32GB	DS	Micron	40-40-40-77	v		4800		
Samsung	32GB	DS	Samsung	40-40-40-77	v		4800		
CORSAIR	16GB	SS	Micron	36-36-36-72	v	v	4000		
CORSAIR	32GB	DS	Micron	36-36-36-72	v	v	4000		
CORSAIR	32GB	DS	Micron	32-32-32-64	v	v	4000		

* 2 DIMM: Supports one pair of modules inserted into the paired slots to enable Dual-Channel memory configuration. Install the modules into **DDR5_A2, DDR5_B2** for best compatibility and performance.

* Speed dropping policy according to Intel processor specification (XMP disabled):

DDR5 4800 MHz speed drops down to 4400 MHz when 2 DIMMs of the same channel are populated e.g., DDR5_A1/ _A2. Please adjust your setup according to the recommendation above.

DDR5 4800 MHz speed drops down to 4000 MHz when 4 DIMMs are populated (1Rx8/ x16 modules).

DDR5 4800 MHz speed drops down to 3600 MHz when 4 DIMMs are populated (2Rx8/ x16 modules).

* When running XMP at DDR5 5000 MHz or higher, the system's stability depends on the CPU's capabilities.

* When enabling Dual-Channel mode with two or four memory modules, it is recommended that using the same capacity, brand, speed, and chips of memory modules.

* Memory modules listed as above is for reference only. Due to massive memory models in market, we can only verify some of them.