

# ASRock PSU Selection Guide | Recommended Power for Your GPU & CPU

Choosing the right power supply is crucial for system stability and performance.

Use the table below to quickly find the recommended PSU wattage based on your GPU and CPU series. Simply locate your GPU model and CPU series, then check the intersecting value to determine the ideal PSU wattage. Please note that this table is a general guideline and does not cover every CPU and GPU model.

The recommended wattage is not just the sum of the GPU and CPU power consumption-it includes additional headroom for system components such as fans, cooling solutions, storage drives, and memory. The final value is rounded up to the nearest standard PSU wattage for practical selection.

| CPU \ GPU        |             | Intel Non-K (Ultra 5, Core i5) | Intel non-K (Ultra 9/7, Core i9/i7)<br>AMD AM4 Ryzen 9/7/5 | Intel K (Core/Ultra) | Intel HEDT       |
|------------------|-------------|--------------------------------|------------------------------------------------------------|----------------------|------------------|
|                  |             | AMD AM4/AM5 Ryzen 7/5          | AM5 Ryzen 7                                                | AM5 Ryzen 9/7        | AMD Threadripper |
| NVIDIA 50 Series | RTX 5090    | 1000W                          | 1000W                                                      | 1000W                | 1300W            |
|                  | RTX 5080    | 850W                           | 850W                                                       | 850W                 | 850W             |
|                  | RTX 5070 Ti | 750W                           | 750W                                                       | 750W                 | 850W             |
|                  | RTX 5070    | 650W                           | 650W                                                       | 650W                 | 750W             |
| NVIDIA 40 Series | RTX 4090    | 850W                           | 1000W                                                      | 1000W                | 1300W            |
|                  | RTX 4080    | 750W                           | 850W                                                       | 850W                 | 1000W            |
|                  | RTX 4070 Ti | 750W                           | 850W                                                       | 850W                 | 1000W            |
|                  | RTX 4070    | 650W                           | 750W                                                       | 750W                 | 850W             |
|                  | RTX 4060 Ti | 650W                           | 650W                                                       | 650W                 | 750W             |
|                  | RTX 4060    | 550W                           | 550W                                                       | 550W                 | 750W             |
| NVIDIA 30 Series | RTX 3090 Ti | 850W                           | 1000W                                                      | 1000W                | 1300W            |
|                  | RTX 3090    | 750W                           | 850W                                                       | 850W                 | 1000W            |
|                  | RTX 3080 Ti | 750W                           | 850W                                                       | 850W                 | 1000W            |
|                  | RTX 3080    | 750W                           | 850W                                                       | 850W                 | 1000W            |
|                  | RTX 3070 Ti | 650W                           | 750W                                                       | 750W                 | 850W             |
|                  | RTX 3070    | 650W                           | 650W                                                       | 750W                 | 850W             |
|                  | RTX 3060 Ti | 650W                           | 650W                                                       | 750W                 | 750W             |
|                  | RTX 3060    | 650W                           | 650W                                                       | 650W                 | 750W             |
|                  | RTX 3050    | 550W                           | 550W                                                       | 550W                 | 750W             |
| AMD 9000 Series  | RX 9070 XT  | 750W                           | 750W                                                       | 850W                 | 1000W            |
|                  | RX 9070     | 650W                           | 650W                                                       | 750W                 | 1000W            |
|                  | RX 7900 XTX | 850W                           | 1000W                                                      | 1000W                | 1300W            |
| AMD 7000 Series  | RX 7900 XT  | 750W                           | 850W                                                       | 850W                 | 1000W            |
|                  | RX 7800 XTX | 650W                           | 750W                                                       | 750W                 | 850W             |
|                  | RX 7700 XT  | 650W                           | 750W                                                       | 750W                 | 850W             |