

## CPU Throttle Monitoring

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If you've got a Pentium M, or other mobile processor, you may wonder how much it really throttles when you run on battery power. Fortunately, there's a little utility from [Panopsys](#) called [ThrottleWatch](#)

. This program monitors CPU throttling as well as reports temperatures. Nifty utility for those on the go.

&quot;**When ThrottleWatch** is minimized, an icon is added to the system tray area of the Taskbar. The color of the icon changes when throttling is detected .&quot;