

OPEL SINTRA APV SINTRA 2.2 (1996-1999)

ENGINE X22XE
Capacity: 4,25 liter

| USE | CLIMATE |
|--------|---------------|
| Normal | Mediterranean |

PRODUCT RECOMMENDATION 1

Bi-Turbo 20W-50*Change every 15000 km/ 12 months*

| USE | CLIMATE |
|--------|----------|
| Normal | Moderate |

PRODUCT RECOMMENDATION 1

Helar 0W-40

PRODUCT RECOMMENDATION 2

Emperol 5W-40

PRODUCT RECOMMENDATION 3

Emperol Racing 10W-60*Change every 15000 km/ 12 months*

| USE | CLIMATE |
|--------|---------------|
| Severe | Mediterranean |

PRODUCT RECOMMENDATION 1

Bi-Turbo 20W-50*Change every 15000 km/ 6 months*

| USE | CLIMATE |
|--------|----------|
| Severe | Moderate |

PRODUCT RECOMMENDATION 1

Helar 0W-40

PRODUCT RECOMMENDATION 2

Emperol 5W-40

PRODUCT RECOMMENDATION 3

Emperol Racing 10W-60*Change every 15000 km/ 6 months*

TRANSAXLE MANUAL 5/1
Capacity: 1,8 liter

| USE | CLIMATE |
|--------|----------|
| Normal | Moderate |

PRODUCT RECOMMENDATION 1

SP Gear 5015*Check every 15000 km/ 12 months***HYDRAULIC BRAKE SYSTEM**

| USE | CLIMATE |
|--------|----------|
| Normal | Moderate |

PRODUCT RECOMMENDATION 1

Drauliquid-LV Super DOT 4

PRODUCT RECOMMENDATION 2

Drauliquid-S DOT 4*Change every 24 months*

OPEL SINTRA APV SINTRA 2.2 (1996-1999)**POWER STEERING**

Capacity: 0,75 liter

| USE | | CLIMATE |
|--------------------------|--|----------|
| Normal | | Moderate |
| PRODUCT RECOMMENDATION 1 | | |
| SP Matic 2032 | | |

Check every 15000 km/ 12 months

COOLING SYSTEM

Capacity: 5,9 liter

| USE | | CLIMATE |
|--------------------------|--|----------|
| Normal | | Moderate |
| PRODUCT RECOMMENDATION 1 | | |
| Coolant SP 11 | | |

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