

OPEL SINTRA APV SINTRA 3.0 (1996-1999)

ENGINE X30XE
Capacity: 4,5 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*

TRANSAXLE AUTOMATIC 4/1
Capacity: 3,5 liter

USE	CLIMATE
Normal	Moderate

PRODUCT RECOMMENDATION 1

SP Matic 2032

PRODUCT RECOMMENDATION 2

ATF Almirol*Check every 24 months/ 30000 km*

USE	CLIMATE
Severe	Moderate

PRODUCT RECOMMENDATION 1

SP Matic 2032

PRODUCT RECOMMENDATION 2

ATF Almirol*Check every 30000 km/ 24 months, change every 60000 km/ 48 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 3.0 (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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