Change every 15000 km/ 12 months

## SEAT (EU) ALTEA FREETRACK 5P8 ALTEA FREETRACK 2.0 TFSI (2009-2010)



Helar 0W-40	Emperol 5W-40	Asyntho 5W-30
PRODUCT RECOMMENDATION 1	PRODUCT RECOMMENDATION 2	PRODUCT RECOMMENDATION 3
Alternative (acceptable)		Moderate
USE		CLIMATE
Change every 15000 km/ 12 month	s	
Helar SP LL-03 0W-30	Helar SP LL-03 5W-30	
PRODUCT RECOMMENDATION 1	PRODUCT RECOMMENDATION 2	
Normal		Moderate
USE		CLIMATE
Change every 30000 km/24 month	s	
Helar SP LL-03 0W-30	Helar SP LL-03 5W-30	
PRODUCT RECOMMENDATION 1	PRODUCT RECOMMENDATION 2	
Extended drain (max)		Moderate
USE		CLIMATE
ENGINE CCZB Capacity: 4,6 liter		

TRANSAXLE SEMI-AUTOMATIC DSG 02E (DQ250) 6/1 Capacity: 7 liter			
USE		CLIMATE	
Normal		Moderate	
PRODUCT RECOMMENDATION 1			
SP Matic 2072			
Change every 60000 km			

HYDRAULIC BRAKE/CLUTCH SYSTEM Capacity: 1 liter	
USE	CLIMATE
Normal	Moderate
PRODUCT RECOMMENDATION 1	
Drauliquid-LV Super DOT 4	
Change every 24 months	

## SEAT (EU) ALTEA FREETRACK 5P8 ALTEA FREETRACK 2.0 TFSI (2009-2010)



COOLING SYSTEM Capacity: 8 liter	
USE	CLIMATE
Normal	Moderate
PRODUCT RECOMMENDATION 1	
Coolant SP 12 EVO	
Check every 48 months/ 60000 km	

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