

# ROVER 200 216 GTI 16V TWIN CAM (1990-1995)



**ENGINE** Honda D16  
Capacity: 3,4 liter

USE	CLIMATE
Normal	Mediterranean

PRODUCT RECOMMENDATION 1	PRODUCT RECOMMENDATION 2
<b>Bi-Turbo 15W-40</b>	<b>Bi-Turbo 20W-50</b>

*Change every 10000 km/ 6 months*

USE	CLIMATE
Normal	Moderate

PRODUCT RECOMMENDATION 1	PRODUCT RECOMMENDATION 2
<b>Asyntho 5W-30</b>	<b>Emperol 10W-40</b>

*Change every 10000 km/ 6 months*

USE	CLIMATE
Normal	Arctic

PRODUCT RECOMMENDATION 1	
<b>Emperol 5W-40</b>	

*Change every 10000 km/ 6 months*

**TRANSAXLE AUTOMATIC 4/1**  
Capacity: 2,2 liter

USE	CLIMATE
Normal	Moderate

PRODUCT RECOMMENDATION 1	
<b>ATF Dexron II-D</b>	

*Check every 20000 km, change every 40000 km/ 24 months*

**TRANSAXLE MANUAL 5/1**  
Capacity: 1,8 liter

USE	CLIMATE
Normal	Moderate

PRODUCT RECOMMENDATION 1	PRODUCT RECOMMENDATION 2
<b>Asyntho 5W-30</b>	<b>Emperol 10W-40</b>

*Check every 20000 km/ 12 months*

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## HYDRAULIC BRAKE SYSTEM

USE		CLIMATE
Normal		Moderate
PRODUCT RECOMMENDATION 1	PRODUCT RECOMMENDATION 2	
<b>Drauliquid-LV Super DOT 4</b>	<b>Drauliquid-S DOT 4</b>	

*Change every 24 months*

## POWER STEERING

Capacity: 1,2 liter

USE		CLIMATE
Normal		Moderate
PRODUCT RECOMMENDATION 1		
<b>ATF Dexron II-D</b>		

## GREASE POINTS/NIPPLES

USE		CLIMATE
Normal		Moderate
PRODUCT RECOMMENDATION 1	PRODUCT RECOMMENDATION 2	PRODUCT RECOMMENDATION 3
<b>Labora Grease</b>	<b>Q5 MP Calcep Grease EP 2</b>	<b>MP Lithep Grease EP 2</b>

*Check every 20000 km/ 12 months*

## COOLING SYSTEM

Capacity: 5,5 liter

USE		CLIMATE
Normal		Moderate
PRODUCT RECOMMENDATION 1		
<b>Coolant -38 Organic NF</b>		

*Change every 40000 km/ 48 months*

*The data mentioned in this product information sheet is meant to enable the reader to orientate himself about the properties and possible applications of our products. Although this overview is composed with all possible care on the stated date, the compiler does not accept any liability for damages caused by incompleteness and/or inaccuracies in this information, especially when these are caused by obvious typing errors. The terms of delivery of the supplier apply to all product supplies. The reader is advised, especially for critical applications, to make the final product choice in consultation with the supplier. Due to continual product research and development, the information contained herein is subject to changes without notification.*