

# Service-Information



Group 31 Front Fork	February 1980	Bulletin No.: 31 003 79(2010)
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## SUPPLEMENT I

### Subject: Approved Quantities and Lubricants

Whenever the fork lubricant is changed or replenished, especially at the first service check at 600 miles, the refill quantity per fork leg is:

	<u>Refill After Fork Disassembly</u>	<u>Drain and Refill</u>
R 50/5 - R 100 RT	280 ± 10ccm	265 ± 10ccm
R 65 - only	190 ± 10ccm	190 ± 10ccm

The same quantity should also be used in older models.

CAUTION: Be sure, when a lubricant is used to use only approved brands. Many types of lubricants are offered by the aftermarket advertisements, but may not be useful or enhance the performance of the BMW design.

### Approved lubricants:

Intercontinental Lub. Corp.	- Golden Spectro Suspension Fluid (available in 3 grades)
Castrol	- DB Hydraulic Fluid
Esso	- Univis J 13
Mobil	- Aero HFA DTE 11
Shell	- 4001 (available through importer) Aero Fluid 4

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