

## 5.0 "Longlife-01"

Approved for the following BMW engines: Please refer to Enclosure 3.

### 5.1 BMW Longlife-01 oils available from BMW Parts Service:

BMW Quality Longlife-01 SAE 0W-40 (fully synthetic)  
ACEA: A3/B3, EC II

Trade name	BMW part number	Container size
BMW Quality Longlife-01	83 21 0 144 456	1 litre
BMW Quality Longlife-01	83 21 0 144 458	208 litres
BMW Quality Longlife-01	83 21 0 144 459	Tanker (truck)

BMW Quality Longlife-01 SAE 5W-30 (fully synthetic)  
ACEA: A3/B3, EC II

Trade name	BMW part number	Container size
BMW Quality Longlife-01	83 21 0 144 450	1 litre
BMW Quality Longlife-01	83 21 0 144 452	208 litres
BMW Quality Longlife-01	83 21 0 144 453	Tanker (truck)

MINI Quality Longlife-01 SAE 5W-30 (fully synthetic)  
ACEA: A3/B3, EC II

*Note:*

Discontinued from Parts Catalogue. Superseded by Longlife-04 SAE 5W-30

### 5.2 Names of approved Longlife-01 oils:

Trade name	Viscosity	Manufacturer/Supplier
ADDINOL Super power MV 0537	SAE 5W-30	Addinol Lube Oil GmbH
Adnoc Image	SAE 5W-30	Abu Dhabi National Oil Co.
Agip Formula LL B 01	SAE 0W-30	ENI S.p.A.Refining and Marketing Division
Agip Sint 2000 Evolution	SAE 5W-40	ENI S.p.A.Refining and Marketing Division
Agip TECSINT SL	SAE 5W-40	ENI S.p.A.Refining and Marketing Division

ALPINE Longlife	SAE 5W-30	Mitan Mineralöl GmbH
Alpine RS	SAE 0W-30	Mitan Mineralöl GmbH
Alpine RS	SAE 0W-40	Mitan Mineralöl GmbH
Aral SuperSynth	SAE 0W-40	Aral
Aral SuperTronic G	SAE 0W-30	Aral
Aviaticon Unique DC	SAE 5W-30	Finke Mineralölwerk GmbH
AXCL S-Class Motor Oil	SAE 5W-30	AXCL Gulf FZE
BP Visco 7000 M	SAE 0W-30	BP Oil International
Castrol Edge	SAE 0W-30	Castrol Limited
Castrol Edge	SAE 5W-40	Castrol Limited
Castrol SLX Longtec	SAE 0W-30	Castrol Limited
Castrol SLX Professional Longtec	SAE 0W-30	Castrol Limited
Castrol SLX Professional Longtec	SAE 0W-40	Castrol Limited
Castrol SLX Professional Longtec BMW LL01	SAE 0W-30	Castrol Limited
Castrol SLX Professional Longtec BMW LL01	SAE 5W-30	Castrol Limited
Castrol Syntec 0W-30 European Formula	SAE 0W-30	Castrol Limited
Cepsa Star Mega Synthetic	SAE 0W-30	Cepsa Lubricantes S.A.
Cepsa Star Mega Synthetic	SAE 5W-30	Cepsa Lubricantes S.A.
Divinol Syntholight	SAE 0W-40	Zeller+Gmelin
Econo Veritas OM Extra	SAE 0W-30	Ölwerke Julius Schindler
Elf Excellium	SAE 0W-30	Total
Elf Excellium Full-Tech	SAE 0W-30	Total
Elf Excellium LDX	SAE 0W-30	Total
Elf Excellium XLL	SAE 5W-40	Total
Fina First 600	SAE 0W-30	Total
Galp Formula XLD	SAE 5W-30	Petrogal SA
Gulf Formula Extreme	SAE 0W-30	S.A. Espanola de Lubrificantes
Gulf Formula GX	SAE 5W-30	S.A. Espanola de Lubrificantes
Gulf Formula TLX	SAE 0W-30	S.A. Espanola de Lubrificantes
Havoline Synthetic BM	SAE 0W-30	ChevronTexaco

Havoline Ultra BM	SAE 5W-30	ChevronTexaco
Igol Process Compact P	SAE 5W-30	Igol France S.A.
INA Futura MB	SAE 5W-30	INA Maziva Rijeka
IP Sintiax Motor Oil Excel	SAE 5W-40	Italiana Petroli
KIXX PAO LL01	SAE 5W-30	GS Caltex Corporation
KIXX PAO LL01	SAE 5W-40	GS Caltex Corporation
Labo RC	SAE 0W-30	Fuchs Labo Auto S.A.
Liqui Moly Leichtlauf Special LL	SAE 5W-30	Liqui Moly
Liqui Moly Pro-Engine M300	SAE 5W-30	Liqui Moly
Megol Motorenoel Quality	SAE 5W-30	Meguin GmbH & Co.KG
Meister-Öl Premium-Motorenöl	SAE 0W-40	Ölwerke Julius Schindler GmbH
Midland(R) Synqron	SAE 5W-40	Oel-Brack AG
Mobil 1	SAE 0W-40	ExxonMobil
Mobil 1 Arctic	SAE 0W-40	ExxonMobil
Mobil 1 Formula C	SAE 0W-40	ExxonMobil
Mobil 1 New Life	SAE 0W-40	ExxonMobil
Mobil 1 New Life Turbo Diesel	SAE 0W-40	ExxonMobil
Mobil 1 Turbo Diesel	SAE 0W-40	ExxonMobil
Mobil Formula X2	SAE 5W-40	ExxonMobil
Mobil SHC Formula B	SAE 5W-40	ExxonMobil
Mobil Super 3000 Formula B	SAE 5W-40	ExxonMobil
Mobil Super 3000 X2	SAE 5W-40	ExxonMobil
Mobil Super 3000 X2 Turbo Diesel	SAE 5W-40	ExxonMobil
Mol Dynamic Synt	SAE 5W-30	MOL-LUB Lubricant Ltd.
Motorex Profile B-XL	SAE 0W-30	Bucher AG
Motorex Select SP-X	SAE 5W-30	Bucher AG
Motul Specific LL-01	SAE 5W-30	Motul S.A.
Motul 8100 X-max	SAE 5W-30	Motul S.A.
Motul 8100 X-max	SAE 5W-40	Motul S.A.
OMV Bixxol special BM	SAE 5W-30	OMV AG
OMV Bixxol special G	SAE 5W-30	OMV AG

Opaljet Longlife	SAE 5W-30	Unil Opal
Orlen Platinum Vollsynthese	SAE 0W-40	Orlen
Panolin Exclusive BD	SAE 5W-30	Panolin AG
Pennzoil European Formula Ultra	SAE 5W-30	Pennzoil Quaker State
Pennzoil Platinum European Formula Ultra	SAE 5W-30	Shell International Petroleum Company
Pento High Performance	SAE 5W-30	Deutsche Pentosin-Werke
Pentospeed 0W-30 VS*	SAE 0W-30	Deutsche Pentosin-Werke
Petronas Syntium 3000 LL	SAE 5W-30	Petronas Lubricants International
Prista Ultra	SAE 5W-30	Prista Oil AD
Quaker State Synquest	SAE 5W-40	Pennzoil Quaker State
Quantum Synta ED 0W-30	SAE 0W-30	Quantum
Q8 Formula Special	SAE 0W-30	Kuwait Petroleum
Q European Engine Ultra	SAE 5W-30	Pennzoil Quaker State
Q Horsepower Full Synthetic	SAE 5W-40	Pennzoil Quaker State
Ravenol HCL	SAE 5W-30	Ravensbuger Schmierstoffvertrieb GmbH
real,- Quality GPD	SAE 5W-40	real,- Handels GmbH
real,- Quality GSR	SAE 5W-30	real,- Handels GmbH
Repsol Elite Common Rail	SAE 5W-30	Repsol YPF
Repsol Elite Competicion	SAE 5W-40	Repsol YPF
Shell Helix Diesel Ultra	SAE 5W-30	Shell International Petroleum Company
Shell Helix Diesel Ultra	SAE 0W-40	Shell International Petroleum Company
Shell Helix Diesel Ultra	SAE 5W-40	Shell International Petroleum Company
Shell Helix Diesel Ultra E	SAE 5W-30	Shell International Petroleum Company
Shell Helix Uteq	SAE 0W-40	Shell International Petroleum Company
Shell Helix Ultra	SAE 5W-30	Shell International Petroleum Company
Shell Helix Ultra	SAE 0W-40	Shell International Petroleum Company

Shell Helix Ultra	SAE 5W-40	Shell International Petroleum Company
Shell Helix Ultra AB	SAE 5W-30	Shell International Petroleum Company
Shell Helix Ultra AL	SAE 5W-30	Shell International Petroleum Company
Shell Helix Ultra C	SAE 0W-40	Shell International Petroleum Company
Shell Helix Ultra E	SAE 5W-30	Shell International Petroleum Company
Shell Helix Ultra Extra Polar	SAE 0W-40	Shell International Petroleum Company
SPC Syn Ace	SAE 5W-40	Singapore Petroleum Company Ltd.
SRS VIVA 1 Longlife	SAE 5W-30	SRS Schmierstoff Vertrieb GmbH
SRS VIVA 1 topsynth alpha	SAE 5W-30	SRS Schmierstoff Vertrieb GmbH
Statoil LazerWay B	SAE 5W-30	Statoil Lubricants
Tecar Motorenöl Supersyn	SAE 0W-30	Techno-Einkauf GmbH
Titan Supersyn	SAE 0W-30	Fuchs Petrolub AG
Titan Supersyn Longlife	SAE 5W-30	Fuchs Petrolub AG
Tor Synthetic LL	SAE 5W-30	De Oliebron
Total Activa 9000	SAE 5W-40	Total
Total Activa 9000 Diesel	SAE 5W-40	Total
Total Activa Energy 9000	SAE 0W-30	Total
Total quartz 9000	SAE 5W-40	Total
Total Quartz Energy 9000	SAE 0W-30	Total
Triathlon Formula LL	SAE 5W-30	Adolf Würth GmbH & Co. KG
Ultra Gold	SAE 5W-30	Greatwall Lube Oil Co. SINOPEC
Valvoline SynPower	SAE 5W-30	Valvoline
Valvoline SynPower MXL	SAE 5W-30	Valvoline
Veedol Powertron LL01	SAE 5W-30	Veedol International
Veritas Syntolube	SAE 0W-40	Ölwerke Julius Schindler GmbH

Wako's Super Synthe	SAE 0W-30	Wako Chemical Co. Ltd
Westfalen Gigatron	SAE 0W-40	Westfalen AG
Yacco VX 1600	SAE 5W-30	Yacco S.A.S.
ZIC XQ	SAE 5W-40	SK Energy Co., Ltd.

BMW recommends Castrol.

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