

ATV/UTV TRANSMISSION & SUSPENSION FLUID

AMSOIL SHOCK THERAPY 5 LIGHT SUSPENSION FLUID

Use Shock Therapy #5 Light for quicker rebound, less damping, and winter suspension work. 4.4 cSt at 100°C, -53°C pour point, 0.44 mm wear scar.

Independent guide: Prepared by ATV-Oil.com, independent AMSOIL Dealer ZO# 1642716. This is not an AMSOIL corporate publication. Confirm product selection against the vehicle manual and official AMSOIL lookup.

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Product Description

Use AMSOIL Shock Therapy #5 Light Suspension Fluid when a fork or shock calls for the lighter grade, quicker rebound, or winter suspension work. It measures 15.9 cSt at 40°C and 4.4 cSt at 100°C under ASTM D445, with a viscosity index of 209. That 40°C number is exactly half the #10 Medium grade, so expect a real change in damping feel. Follow the damper builder's fill volume, air gap, and bleeding procedure.

Choose it for quicker rebound

#5 Light is the thinner Shock Therapy grade. Use it where less damping and quicker rebound are wanted, or where the component specification points to a lighter fluid. It changes damper behavior; it is not a general upgrade over #10 Medium.

At 40°C, #5 Light is 15.9 cSt while #10 Medium is 31.8 cSt. At 100°C, #5 Light is 4.4 cSt while #10 Medium is 7.3 cSt. Those measured numbers tell you more than the grade name when a fork or shock needs a specific feel.

Match the fork or shock

Bilstein, Custom Axis, Kayaba, Penske, Race Tech, RydeFX, Showa, and WP suspension systems are listed where less damping and quicker rebound are wanted. Read that as component guidance, not a blanket approval for every shock those brands sell.

The application range also reaches snowmobiles, dirt bikes, motorcycles, ATVs, UTVs, cars, trucks, circle-track racing, and other recreational or racing vehicles. The vehicle type does not pick the grade. The fork or shock specification does.

Use the winter-grade advantage

#5 Light is the Shock Therapy grade recommended for winter use. The ASTM D97 pour point is -53°C (-63°F), five degrees colder than the -48°C (-54°F) figure for #10 Medium. Pour point is a lab flow number, not a minimum riding temperature.

Cold fluid makes suspension feel stiff until the damper cycles and warms. A lighter winter grade helps the first strokes move closer to the intended setup after the machine sits outside overnight. Still confirm the component spec before changing viscosity.

Fight fade, foam, and wear

Hard riding heats suspension fluid and thins it, which can turn crisp damping into a soft, inconsistent feel. High-viscosity-index synthetic base oils help hold viscosity as temperature swings. This grade posts an ASTM D2270 viscosity index of 209.

ASTM D892 foam results are 50/0, 40/0, and 50/0 across the three sequences. The first number is foam after aeration, and the second is foam after settling. Every settled value is zero, so the foam that formed collapsed before it could keep hanging around.

Under ASTM D4172 at 40 kgf, 75°C, 1,200 rpm, and one hour, the four-ball wear scar is 0.44 mm. Friction modifiers, anti-wear agents, and seal conditioners help protect shocks and forks, reduce friction, and cut the chance of leaks.

Fill it like a damper fluid

Agitate the bottle before filling so the additive package is evenly mixed. Use the damper manufacturer's procedure for volume, air gap, bleeding, and rebuild interval. A few extra milliliters can change ride height and feel, so measure instead of guessing.

STLQT-EA is the single quart bottle and STLQT-CA is the case of twelve. STL05-EA is the five gallon pail and STL55-EA is the fifty-five gallon drum. The fluid also meets hydraulic specifications including Denison HF-0, HF-1, and HF-2 and DIN 51524 Part 2.

Verified specifications

Property	#5 Light (STL)	Test Method
Viscosity @ 100°C, cSt	4.4	ASTM D445
Viscosity @ 40°C, cSt	15.9	ASTM D445
Viscosity Index	209	ASTM D2270
Flash Point, °C (°F)	174 (345)	ASTM D92
Fire Point, °C (°F)	192 (378)	ASTM D92
Pour Point, °C (°F)	-53 (-63)	ASTM D97
Four-Ball Wear @ 40 kgf, 75°C, 1200 rpm, 1 hr, scar diameter, mm	0.44	ASTM D4172
Foam, ml (Seq. I, II, III)	50/0, 40/0, 50/0	ASTM D892

FREQUENTLY ASKED QUESTIONS

Q1: When should I use #5 Light?

Use #5 Light when the fork or shock calls for a lighter fluid, less damping, quicker rebound, or winter use. It changes damping feel, so follow the component spec rather than choosing it just because it is lighter.

Q2: How much thinner is it than #10 Medium?

At 40°C, #5 Light is 15.9 cSt and #10 Medium is 31.8 cSt, exactly double. At 100°C, #5 Light is 4.4 cSt and #10 Medium is 7.3 cSt, so the gap narrows after the suspension heats up.

Q3: Is #5 Light the winter grade?

Yes. #5 Light is recommended for winter use, with an ASTM D97 pour point of -53°C (-63°F). Pour point is a lab flow value, so the fork or shock requirement still comes first.

Q4: Which suspension brands are listed?

Bilstein, Custom Axis, Kayaba, Penske, Race Tech, RydeFX, Showa, and WP systems are listed where less damping and quicker rebound are wanted. Match the individual component, because brand alone does not select the grade.

Q5: What do the foam numbers tell me?

ASTM D892 results are 50/0, 40/0, and 50/0. The second number in each pair is foam after settling, and every one is zero. That helps keep damping feel consistent instead of letting aerated fluid go soft.

Q6: Do I need to shake it before filling?

Yes. Agitate the fluid before use so the additive package is evenly mixed. Then follow the damper manufacturer's fill volume, air gap, bleeding process, and service interval for the fork or shock.

AVAILABLE PRODUCT CODES

Product Code	Package Size	Unit of Measure
STLQT-EA	Quart Bottle	Each
STLQT-CA	Quart Bottle	Case of 12
STL05-EA	5 Gallon Pail	Each
STL55-EA	55 Gallon Drum	Each