



# BMW Engine Oil Buyers Guide

The top BMW certified engine oils.  
Includes links to product data sheets.

The BMW is a marvel of German engineering and its engine parts have been designed using unique metal alloys with very strict tolerances. Many of the complex systems within a BMW engine, most notably being the infamous hydraulic lifters, must be lubricated with the correct oil in order to operate correctly. BMW has spent countless hours on engine design technology to make sure their vehicles meet today's rigorous emissions and fuel economy regulations without compromising performance. In order to achieve this, BMW has specified strict oil formulations so their engines perform at the highest possible level.

So what does all of this mean? The message has always been very clear from BMW...only use an engine oil that has been certified for use in your vehicle to insure proper performance. Using an oil that is not certified for use in your BMW may cause long term damage to your vehicle and void any warranty that you may have.

Unless you own a diesel or a high performance M vehicle, your engine is most likely certified to use a BMW LL-01 rated oil. For more information on which rated oil your BMW uses, please read our article [BMW Engine Oil – Choosing the Correct Brand and Grade for Your Vehicle](#).

## The top six BMW LL-01 certified engine oils

### 1. Pennzoil (Shell) Platinum Euro 5W-30



In 2014, BMW dropped Castrol as their longtime recommended engine oil supplier in favor of Shell and their PurePlus "gas to liquid" refining technology. Pennzoil (owned and manufactured by Shell Oil) has taken the vehicle market by storm with their Platinum Euro 5W-40 synthetic engine oil with PurePlus Technology. PurePlus is Shell/Pennzoil's patented process of converting **natural gas** to a super high quality engine oil. Because their base oil is manufactured from natural gas, it is crystal clear and completely free of impurities. It offers superior engine protection, protects from horsepower losses, and exhibits exceptional performance in extreme temperature conditions.

We rank Pennzoil Platinum Euro as our number one BMW certified engine oil, and it is currently used in every vehicle serviced by the BMW Repair Guide.

[Download product data sheet](#)

[Purchase online](#)

## 2. Liqui Moly Leichtlauf High Tech 5W-40

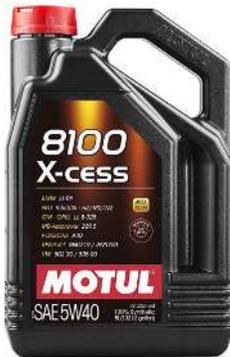


Founded in 1957 in Ulm Germany, Liqui Moly started out manufacturing a liquid oil additive containing molybdenum disulfide (MoS<sub>2</sub>)...hence the origin of their name (**LIQ**uid **MOLY**bdenum). In the late 1970's they started producing their own line of engine oil containing MoS<sub>2</sub>, and are now one of Europe's premier manufacturers of high quality motor oils and lubricants. Liqui Moly Leichtlauf High Tech 5W-40 is a top class engine oil that offers outstanding protection, wear resistance, and performance for all LL-01 certified BMW's. We rank it number two in our Buyer's Guide, but we consider it on the same level of quality as the number one Shell/Pennzoil product.

[Download product data sheet](#)

[Purchase online](#)

## 3. Motul 8100 X-CESS 5W-40



Motul has been making high quality lubricants since 1853, and launched its first multi grade engine oil in the European market a century later in 1953. Motul prides itself not only as a manufacturer, but as a researcher, innovator and developer of superior grade engine oils and lubricants. It is currently present in over 80 countries worldwide.

Motul's 8100 X-CESS 5W-40 has been designed for vehicles with higher power to liter ratios, and claims it will improve power and responsiveness within your BMW engine. Like the other superior European oils, it offers outstanding engine protection and wear resistance. We consider it a top tier oil suitable for any LL-01 engine application.

[Download product data sheet](#)

[Purchase online](#)

#### 4. Castrol EDGE 0W-30 A3/B4



Castrol markets their Edge line of fully synthetic motor oils as the "strongest" engine lubricants they make. Castrol Edge products use Fluid Titanium Technology, a fancy term that means that their oil actually transforms its molecular structure, becoming stiffer under points of extreme pressure. When the pressure subsides, the engine oil reverts back to its free flowing state. This transformation in structure allows Castrol Edge to greatly reduce friction and increase an engine's performance.

Castrol was a longtime partner and recommended supplier of BMW, until they were dropped in favor of Shell (Pennzoil) in 2014. Castrol Edge 0W-30 A3/B3 "European Formula" is still an excellent BMW certified LL-01 engine oil and is the industry leader in high pressure protection.

[Download product data sheet](#)  
[Purchase online](#)

#### 5. Pentosin Pento High Performance 5W-30



Like Liqui-Moly, Pentosin is another German manufacturer of fine automotive lubricants. Founded in 1927, Pentosin is globally recognized as a leading innovator and manufacturer of synthetic and mineral oil-based fluids for the automotive industry. Pentosin is also a recognized leader in the field of hydraulic and transmission fluid development, and supplies many of the transmission and power steering "first fills" for automobile makers around the world.

Pentosin's Pento High Performance 5W-30 is a superior BMW LL-01 certified engine oil developed for newer vehicles with extended oil service intervals. It is manufactured under the same strict tolerances as the rest of their line of automobile lubricants and is an excellent choice for your BMW.

[Download product data sheet](#)  
[Purchase online](#)

## 6. BMW TwinPower Turbo 5w-30



As the saying goes here at the BMW Repair Guide, "if you can't make up your mind, then just go genuine (gen-yoo-wine)". Yea...we know it's Shell engine oil repackaged in a BMW bottle. But to a lot of "Do it Yourself" mechanics, that BMW bottle represents trust. You know when you pour it in the engine, it is the oil that BMW wants in there. No guess work...no sleepless nights. And for just those two reasons, BMW TwinPower Turbo 5w-30 makes our best engine oil list this year.

[Download product data sheet \(SEE PENNZOIL PLATINUM EURO 5W-30\)](#)  
[Purchase online](#)