ATV/UTV TRANSMISSION & SUSPENSION FLUID

AMSOIL SHOCK THERAPY 5 LIGHT SUSPENSION FLUID

Experience fade-free damping and smooth, predictable suspension performance in any temperature with this advanced synthetic fluid.

Product Description

AMSOIL Shock Therapy #5 Light Suspension Fluid delivers fade-free damping and predictable rebounds for forks and shocks on motorcycles, dirt bikes, snowmobiles, ATVs, UTVs, and circle-track race cars. Built on high-quality synthetic base oils, it maintains consistent suspension feel across a wide temperature range where conventional shock oils fall flat.

Suspension fluid does one critical job: control the rate at which your shock compresses and rebounds. When that fluid thins out from heat generated during aggressive riding, desert trail runs, or extended laps on a circle track, damping becomes soft and unpredictable. You lose the precise feedback your suspension was tuned to provide. Cold temperatures create the opposite problem, thickening the fluid and making the suspension feel harsh and unresponsive. Either way, you're fighting the bike or vehicle instead of riding it.

HIGH VISCOSITY INDEX PREVENTS FADE

Heat is the enemy of consistent suspension performance. As shock oil temperature climbs during hard use, conventional fluids lose viscosity and damping weakens. AMSOIL Shock Therapy #5 Light is formulated with synthetic base oils that carry a viscosity index of 209 (ASTM D2270), meaning the fluid resists thinning at elevated temperatures far more effectively than lower-VI alternatives. At 100°C, the fluid maintains a kinematic viscosity of 4.4 cSt (ASTM D445), while at 40°C it measures 12.9 cSt. That spread reflects a fluid engineered to stay in its working range from cold morning starts to sustained high-heat conditions. The pour point of -53°C (-63°F) per ASTM D97 also means it flows freely in winter riding and cold-climate snowmobile applications.

ANTI-FOAM AGENTS PROMOTE PREDICTABLE SUSPENSION FEEL

Aeration is a real problem in high-speed suspension cycling. When air gets whipped into the fluid, it becomes compressible, and compressible fluid means inconsistent damping. You feel it as a vague, spongy response mid-stroke. AMSOIL Shock Therapy #5 Light contains anti-foam agents tested per ASTM D892, with foam tendency/stability results of 50/0 (Sequence I), 40/0 (Sequence II), and 50/0 (Sequence III). Zero foam stability across all three sequences means any foam that does form collapses rapidly, keeping the fluid column solid and the damping response sharp.

REDUCES FRICTION AND PROTECTS INTERNAL COMPONENTS

Every stroke of a shock or fork generates friction between the piston, seals, and cylinder walls. That friction robs energy from the suspension system and creates wear on internal surfaces over time. AMSOIL Shock Therapy #5 Light is formulated with friction modifiers that reduce energy loss for more efficient suspension response, along with anti-wear agents that protect shock internals from premature degradation. Four-ball wear testing (ASTM D4172) at 40 kgf, 75°C, 1200 rpm for 1 hour produced a scar diameter of just 0.44 mm, confirming strong wear protection under load.

SEAL CONDITIONERS EXTEND SERVICE LIFE

Dried-out or hardened seals lead to fluid leaks, contamination, and costly rebuilds. Shock Therapy #5 Light includes seal conditioners that help keep O-rings and seals pliable, reducing the likelihood of premature failure and extending time between service intervals.

COMPATIBILITY AND APPLICATIONS

AMSOIL Shock Therapy #5 Light is recommended for suspension systems where less damping and quicker rebounds are desired. It is compatible with forks and shocks made by Bilstein, Custom Axis, Kayaba, Penske, Race Tech, Ryde FX, Showa, and WP. The #5 Light weight is also recommended for winter use where cold-temperature flow is a priority. For applications calling for Afnor E 48-603, BF Goodrich 0152 (except PM 500 Series), Denison HF-0/HF-1/HF-2, DIN 51524 Part 2, Ford M6C-32, Lee Norse 100-1, or Racine Variable Vane Pump specifications, Shock Therapy #5 Light is a direct fit. To cross-reference against your current shock oil or fork oil product, visit the AMSOIL shock fluid cross-reference tool at AMSOIL.com.

Property	#5 Light (STL)	Test Method
Viscosity @ 100°C, cSt	4.4	ASTM D445
Viscosity @ 40°C, cSt	12.9	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: What vehicles and equipment is AMSOIL Shock Therapy #5 Light Suspension Fluid designed for?

AMSOIL Shock Therapy #5 Light Suspension Fluid is developed for a wide range of suspension systems across cars, trucks, motorcycles, ATVs, UTVs, and snowmobiles. It is also ideal for circle-track racing applications. AMSOIL provides a cross-reference tool at AMSOIL.com/shockfluidcrossreference to help match it against your current suspension fluid product.

Q2: How does AMSOIL Shock Therapy #5 Light Suspension Fluid improve suspension performance?

AMSOIL Shock Therapy #5 Light Suspension Fluid is formulated to make suspension systems more predictable by controlling damping and rebounds. It contains friction modifiers that reduce energy loss due to friction for optimum efficiency, while anti-foam agents reduce aeration and foam to promote a consistent, smooth suspension feel. High-viscosity-index base oils effectively maintain viscosity for maximum performance even under extreme temperatures.

Q3: What does high viscosity index mean for AMSOIL Shock Therapy #5 Light Suspension Fluid?

A high viscosity index means the fluid maintains its viscosity more consistently across a wide range of temperatures. In AMSOIL Shock Therapy #5 Light Suspension Fluid, this translates to stable damping performance whether operating in extreme heat or cold conditions. This prevents viscosity fade that can cause unpredictable suspension behavior during demanding use, such as circle-track racing or aggressive off-road riding.

Q4: How does AMSOIL Shock Therapy #5 Light compare to conventional suspension fluids in extreme heat?

AMSOIL Shock Therapy #5 Light Suspension Fluid uses high-viscosity-index base oils that help prevent fade under extreme temperatures, maintaining consistent damping performance. Verified users, including a shock manufacturer based in Arizona, report that the fluid stays consistent even during hot summer conditions, delivering reliable ride quality and performance where conventional fluids may thin out and lose predictability.

Q5: What package sizes are available for AMSOIL Shock Therapy #5 Light Suspension Fluid?

AMSOIL Shock Therapy #5 Light Suspension Fluid (STLQT-EA) is available in a quart bottle (sold individually or in a case of 12), a 5-gallon pail (STL05-EA), and a 55-gallon drum (STL55-EA). The quart bottle is priced at $19.39 at the Preferred Customer price, saving $4.30 off the retail price. The larger sizes are well-suited for shock manufacturers and shops performing high-volume rebuilds.

Q6: Is AMSOIL Shock Therapy #5 Light Suspension Fluid safe for motorcycle forks and shock rebuilds?

Yes, AMSOIL Shock Therapy #5 Light Suspension Fluid is formulated for use in both shocks and forks across motorcycles, ATVs, UTVs, and other vehicles. It contains seal conditioners designed for extended service life, helping to keep seals supple and prevent leaks. It also includes anti-wear agents that protect shocks and forks from premature wear, making it a proven choice for fork and shock rebuilds as confirmed by verified customer reviews.

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

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