

Wheels: An e-mail from Joe says, "I am told it is wise to run a tank of premium gas through the engine once a month. I am also told the computer in the car adjusts for the type of gas. Are these in conflict?"

Halderman: The use of premium fuel in a vehicle designed to use regular grade gasoline will not help anything. I think this idea came from about 20 years ago when premium had more injector cleaner than regular. Now all grades have about the same amount, so using premium gasoline will not be a benefit. However, I do add one bottle of Techron to the gas tank of my vehicles about every six months to help keep the intake and the injectors clean. This is the only gasoline additive that is recommended for use by some vehicle manufacturers, such as Chrysler and BMW.

Using regular in a vehicle designed for premium can reduce fuel economy and performance because the computer does adjust the spark timing based on the octane rating of the fuel as detected by the knock sensor.

However, using premium in a vehicle designed to use regular fuel will not cause an increase in fuel economy or performance in most cases.

