

From Nitroonline (a lubricants company): <http://www.nitronine.com/different-types-grease-uses/>

Greases containing **molybdenum disulfide** as an additive are used in many heavy-duty, load-bearing, demanding situations such as in construction equipment, railways, farm machinery, etc. Specific everyday uses for molybdenum grease include:

- CV joints
- Ball joints
- Steering linkages
- Pivot pins
- Kingpins
- Worm and helical gears
- Splines
- Pinion gears

As well as just about any other heavily-loaded, low-speed application. It also serves as a good multi-purpose grease. Its exceptional ability to reduce friction, **however, makes it unsuitable for high-speed bearings (such as needle or roller bearings), as the rollers/needles need a small amount of friction in order to rotate a full 360° and perform as they should. Otherwise, they develop flat areas along the length of the rollers/needles and eventually stop rotating**, thereby reducing the bearing's performance and resulting in a sooner than expected replacement.