







Unofficial PokéONE Guide

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Item-Dex

<div>General</div> <div>Pokéball</div> <div>Medicine</div> <div>TM/HM</div> <div>Berries</div> <div>Hold</div>				
Sprite	Name	Description / Effect	Obtainable	Ways to obtain
	Ability Capsule	A capsule that allows a Pokémon with two Abilities to switch between these Abilities when it is used.	Yes	Route 1, Route 7
	Ability Urge	When used, it activates the Ability of an ally Pokémon.	Yes	Reward from NPC Youngster Joey
	Abomasite	Enables Abomasnow to Mega Evolve during battle.	Yes	Gift from NPC XY
	Absolite	Enables Absol to Mega Evolve during battle.	Yes	Buy from any <i>PokéMart</i> for \$300
	Absorb Bulb	A consumable bulb. If the holder is hit by a Water-type move, its Sp. Atk will rise.	No	-
	Adamant Orb	Increases the power of Dragon- and Steel-type moves when held by Dialga.	Yes	Buy in Celadon or Goldenrod <i>Department store</i> for \$1000