

**Cure Disease**

Charred Skeever Hide  
Hawk Feathers  
Mudcrab Chitin  
Vampire Dust

**Fortify Alteration**

Grass Pod  
River Betty  
Spriggan Sap

**Fortify Barter**

Butterfly Wing  
Dragon's Tongue  
Hagraven Claw  
Tundra Cotton

**Fortify Block**

Bleeding Crown  
Briar Heart  
Honeycomb  
Pearl  
Slaughterfish Scales  
Tundra Cotton

**Fortify Carry Weight**

Creep Cluster  
Giant's Toe  
Hawk Beak  
River Betty  
Scaly Pholiota  
Wisp Wrappings

**Fortify Conjuration**

Berit's Ashes  
Blue Butterfly Wing  
Blue Mountain Flower  
Bone Meal  
Frost Salts  
Hagraven Feathers  
Lavender

**Fortify Destruction**

Beehive Husk  
Ectoplasm  
Glow Dust  
Glowing Mushroom  
Nightshade  
Wisp Wrappings

**Fortify Enchanting**

Blue Butterfly Wing  
Hagraven Claw  
Snowberries  
Spriggan Sap

**Fortify Health**

Bear Claws  
Blue Mountain Flower  
Giant's Toe  
Glowing Mushroom  
Hanging Moss  
Wheat

**Fortify Heavy Armor**

Ice Wraith Teeth  
Sabre Cat Tooth  
Slaughterfish Scales  
Thistle Branch  
White Cap

**Fortify Illusion**

Dragon's Tongue  
Dwarven Oil  
Mora Tapinella  
Scaly Pholiota  
Taproot

**Fortify Light Armor**

Beehive Husk  
Hawk Feathers  
Honeycomb  
Luna Moth Wing  
Skeever Tail

**Fortify Lockpicking**

Falmer Ear  
Namira's Rot  
Pine Thrush Egg  
Spider Egg

**Fortify Magicka**

Briar Heart  
Ectoplasm  
Histcarp  
Jazbay Grapes  
Red Mountain Flower  
Tundra Cotton  
Void Salts

**Fortify Marksman**

Canis Root  
Elves Ear  
Juniper Berries  
Spider Egg

**Fortify One-handed**

Bear Claws  
Canis Root  
Hanging Moss  
Hawk Feathers  
Rock Warbler Egg  
Small Pearl

**Fortify Pickpocket**

Blue Dartwing  
Nordic Barnacle  
Orange Dartwing  
Slaughterfish Egg

**Fortify Restoration**

Abecean Longfin  
Cyrodilic Spadetail  
Salt Pile[1]  
Small Antlers  
Small Pearl

**Fortify Smithing**

Blisterwort  
Glowing Mushroom  
Sabre Cat Tooth  
Spriggan Sap

**Fortify Sneak**

Abecean Longfin  
Beehive Husk  
Frost Mirriam  
Hawk Feathers  
Human Flesh  
Powdered Mammoth Tusk  
Purple Mountain Flower

**Fortify Stamina**

Chaurus Eggs  
Garlic  
Large Antlers  
Lavender  
Slaughterfish Egg  
Torchbug Thorax

**Fortify Two-handed**

Dragon's Tongue  
Fly Amanita  
Troll Fat

**Invisibility**

Chaurus Eggs  
Crimson Nirnroot  
Ice Wraith Teeth  
Luna Moth Wing  
Nirnroot  
Vampire Dust

**Regenerate Health**

Garlic  
Juniper Berries  
Luna Moth Wing  
Namira's Rot  
Nordic Barnacle  
Vampire Dust

**Regenerate Magicka**

Dwarven Oil  
Fire Salts  
Garlic  
Jazbay Grapes  
Moon Sugar  
Salt Pile[1]  
Taproot

**Regenerate Stamina**

Bee  
Fly Amanita  
Mora Tapinella  
Scaly Pholiota

**Resist Fire**

Berit's Ashes  
Bone Meal  
Dragon's Tongue  
Elves Ear  
Fire Salts  
Fly Amanita  
Mudcrab Chitin  
Snowberries

**Resist Frost**

Frost Mirriam  
Frost Salts  
Hawk Beak  
Moon Sugar  
Purple Mountain Flower  
Silverside Perch  
Slaughterfish Scales  
Small Pearl  
Snowberries  
Thistle Branch

**Resist Magic**

Bleeding Crown  
Chicken's Egg  
Crimson Nirnroot  
Hagraven Claw

Lavender  
Nirnroot  
Tundra Cotton  
Void Salts  
Wisp Wrappings

**Resist Poison**

Beehive Husk  
Charred Skeever Hide  
Falmer Ear  
Garlic  
Grass Pod  
Mudcrab Chitin  
Slaughterfish Egg  
Thistle Branch  
Troll Fat

**Resist Shock**

Blue Dartwing  
Glow Dust  
Glowing Mushroom  
Hawk Beak  
Pearl

Pine Thrush Egg

Snowberries  
Swamp Fungal Pod

**Restore Health**

Blisterwort  
Blue Dartwing  
Blue Mountain Flower  
Butterfly Wing  
Charred Skeever Hide  
Daedra Heart  
Eye of Sabre Cat  
Imp Stool  
Rock Warbler Egg  
Swamp Fungal Pod  
Wheat

**Restore Magicka**

Briar Heart  
Creep Cluster  
Dwarven Oil  
Ectoplasm  
Elves Ear  
Fire Salts  
Frost Salts  
Giant Lichen  
Grass Pod  
Human Flesh  
Moon Sugar  
Mora Tapinella  
Pearl

Red Mountain Flower  
Taproot

Vampire Dust  
White Cap

**Restore Stamina**

Bear Claws  
Bee  
Charred Skeever Hide  
Eye of Sabre Cat  
Hawk Beak  
Histcarp  
Honeycomb  
Large Antlers

Mudcrab Chitin  
Orange Dartwing  
Pearl  
Pine Thrush Egg  
Powdered Mammoth Tusk  
Purple Mountain Flower  
Sabre Cat Tooth  
Silverside Perch  
Small Pearl  
Torchbug Thorax  
Wisp Wrappings  
**Waterbreathing**  
Chicken's Egg  
Histcarp  
Nordic Barnacle

**Damage Health**

Crimson Nirnroot  
Deathbell  
Ectoplasm  
Falmer Ear  
Human Flesh  
Human Heart  
Imp Stool  
Jarrin Root  
Nightshade  
Nirnroot  
Red Mountain Flower  
River Betty  
Skeever Tail  
Small Antlers  
Troll Fat  
Void Salts

**Damage Magicka**

Butterfly Wing  
Chaurus Eggs  
Daedra Heart  
Eye of Sabre Cat  
Glow Dust  
Hagraven Feathers  
Hanging Moss  
Human Heart  
Jarrin Root  
Luna Moth Wing  
Namira's Rot  
Nordic Barnacle

**Damage Magicka Regen**

Bear Claws  
Blue Butterfly Wing  
Blue Mountain Flower  
Chicken's Egg  
Glow Dust  
Hanging Moss  
Human Heart  
Jarrin Root  
Nightshade  
Spider Egg  
Spriggan Sap

**Damage Stamina**

Berit's Ashes  
Blisterwort  
Blue Butterfly Wing  
Bone Meal  
Canis Root  
Crimson Nirnroot  
Cyrodilic Spadetail  
Giant's Toe  
Jarrin Root  
Nirnroot  
Rock Warbler Egg  
Spider Egg

**Frenzy**

Blisterwort  
Falmer Ear  
Fly Amanita  
Hagraven Feathers  
Human Heart  
Troll Fat

**Lingering Damage Health**

Imp Stool  
Mora Tapinella  
Orange Dartwing  
Slaughterfish Egg  
Slaughterfish Scales

**Lingering Damage Magicka**

Hagraven Claw  
Purple Mountain Flower  
Swamp Fungal Pod  
Torchbug Thorax  
Wheat

**Lingering Damage Stamina**

Butterfly Wing  
Chicken's Egg  
Nightshade  
Small Antlers

**Damage Stamina Regen**

Creep Cluster  
Daedra Heart  
Frost Mirriam  
Giant's Toe  
Histcarp  
Juniper Berries  
Large Antlers  
Silverside Perch  
Skeever Tail  
Wheat

**Fear**

Blue Dartwing  
Cyrodilic Spadetail  
Daedra Heart  
Namira's Rot  
Powdered Mammoth Tusk

**Paralysis**

Briar Heart  
Canis Root  
Human Flesh  
Imp Stool  
Swamp Fungal Pod

**Ravage Health**

Cyrodilic Spadetail  
Eye of Sabre Cat  
Giant Lichen  
Jazbay Grapes  
Silverside Perch  
Skeever Tail

**Ravage Magicka**

Frost Mirriam  
Grass Pod  
Lavender  
Orange Dartwing  
Red Mountain Flower  
White Cap

**Ravage Stamina**

Bee  
Berit's Ashes  
Bone Meal  
Deathbell  
Honeycomb  
Thistle Branch

**Slow**

Deathbell  
Large Antlers  
River Betty  
Salt Pile

**Weakness to Fire**

Bleeding Crown  
Frost Salts  
Ice Wraith Teeth  
Juniper Berries  
Moon Sugar  
Powdered Mammoth Tusk

**Weakness to Frost**

Abecean Longfin  
Elves Ear  
Fire Salts  
Ice Wraith Teeth  
White Cap

**Weakness to Magic**

Creep Cluster  
Dwarven Oil  
Jazbay Grapes  
Rock Warbler Egg  
Salt Pile [1]  
Scaly Pholiota  
Taproot  
Torchbug Thorax

**Weakness to Poison**

Abecean Longfin  
Bleeding Crown  
Chaurus Eggs  
Deathbell  
Giant Lichen  
Pine Thrush Egg  
Sabre Cat Tooth  
Small Antlers

**Weakness to Shock**

Bee  
Giant Lichen  
Hagraven Feathers  
Void Salts