

Mistborn: Table of Hemalurgic Metals

PHYSICAL				COGNITIVE
Iron Steals strength	Steel Steals Physical Allomantic powers	Zinc Steals emotional fortitude	Brass Steals Cognitive Feruchemical powers	
Tin Steals Senses	Pewter Steals Physical Feruchemical powers	Copper Steals mental fortitude, memory, and intelligence	Bronze Steals Mental Allomantic powers	
Chromium Might steal destiny	Nicrosil Steals Investiture	Cadmium Steals Temporal Allomantic powers	Bendalloy Steals Spiritual Feruchemical powers	
Aluminum Removes all powers	Duralumin Steals Connection/Identity	Gold Steals Hybrid Feruchemical powers	Electrum Steals Enhancement Allomantic powers	
SPIRITUAL				TEMPORAL

from The Coppermind