

Ingredient	Primary Effect	Secondary Effect	Tertiary Effect	Quaternary Effect	Weight	Value
Abecean Longfin	Weakness to Frost	Fortify Sneak	Weakness to Poison	Fortify Restoration	0.5	15
Bear Claws	Restore Stamina	Fortify Health	Fortify One-Handed	Damage Magicka Regen	0.1	2
Bee	Restore Stamina	Ravage Stamina	Regenerate Stamina	Weakness to Shock	0.1	3
Beehive Husk	Resist Poison	Fortify Light Armor	Fortify Sneak	Fortify Destruction	1	5
Berit's Ashes	Damage Stamina	Resist Fire	Fortify Conjunction	Ravage Stamina	0.2	5
Bleeding Crown	Weakness to Fire	Fortify Block	Weakness to Poison	Resist Magic	0.3	10
Blisterwort	Damage Stamina	Frenzy	Restore Health	Fortify Smithing	0.2	12
Blue Butterfly Wing	Damage Stamina	Fortify Conjunction	Damage Magicka Regen	Fortify Enchanting	0.1	2
Blue Dartwing	Resist Shock	Fortify Pickpocket	Restore Health	Fear	0.1	1
Blue Mountain Flower	Restore Health	Fortify Conjunction	Fortify Health	Damage Magicka Regen	0.1	2
Bone Meal	Damage Stamina	Resist Fire	Fortify Conjunction	Ravage Stamina	0.5	5
Briar Heart	Restore Magicka	Fortify Block	Paralysis	Fortify Magicka	0.5	20
Butterfly Wing	Restore Health	Fortify Barter	Lingering Damage Stamina	Damage Magicka	0.1	3
Canis Root	Damage Stamina	Fortify One-Handed	Fortify Marksman	Paralysis	0.1	5
Charred Skeever Hide	Restore Stamina	Cure Disease	Resist Poison	Restore Health	0.5	1
Chaurus Eggs	Weakness to Poison	Fortify Stamina	Damage Magicka	Invisibility	0.2	10
Chicken's Egg	Resist Magic	Damage Magicka Regen	Waterbreathing	Lingering Damage Stamina	0.5	2
Creep Cluster	Restore Magicka	Damage Stamina Regen	Fortify Carry Weight	Weakness to Magic	0.2	1
Crimson Nirnroot	Damage Health	Damage Stamina	Invisibility	Resist Magic	0.2	10
Cyrodilic Spadetail	Damage Stamina	Fortify Restoration	Fear	Ravage Health	0.3	15
Daedra Heart	Restore Health	Damage Stamina Regen	Damage Magicka	Fear	0.5	250
Deathbell	Damage Health	Ravage Stamina	Slow	Weakness to Poison	0.1	4
Dragon's Tongue	Resist Fire	Fortify Barter	Fortify Illusion	Fortify Two-Handed	0.1	5
Dwarven Oil	Weakness to Magic	Fortify Illusion	Regenerate Magicka	Restore Magicka	0.3	15
Ectoplasm	Restore Magicka	Fortify Destruction	Fortify Magicka	Damage Health	0.1	25
Elves Ear	Restore Magicka	Fortify Marksman	Weakness to Frost	Resist Fire	0.1	10
Eye of Sabre Cat	Restore Stamina	Ravage Health	Damage Magicka	Restore Health	0.1	2.0
Falmer Ear	Damage Health	Frenzy	Resist Poison	Fortify Lockpicking	0.2	10
Fine-Cut Void Salts	Weakness to Shock	Resist Magic	Damage Health	Fortify Magicka	0.2	125
Fire Salts	Weakness to Frost	Resist Fire	Restore Magicka	Regenerate Magicka	0.3	50
Fly Amanita	Resist Fire	Fortify Two-Handed	Frenzy	Regenerate Stamina	0.1	2
Frost Mirriam	Resist Frost	Fortify Sneak	Ravage Magicka	Damage Stamina Regen	0.1	1
Frost Salts	Weakness to Fire	Resist Frost	Restore Magicka	Fortify Conjunction	0.3	100
Garlic	Resist Poison	Fortify Stamina	Regenerate Magicka	Regenerate Health	0.3	1
Giant Lichen	Weakness to Shock	Ravage Health	Weakness to Poison	Restore Magicka	0.3	5
Giant's Toe	Damage Stamina	Fortify Health	Fortify Carry Weight	Damage Stamina Regen	1	20
Glow Dust	Damage Magicka	Damage Magicka Regen	Fortify Destruction	Resist Shock	0.5	20
Glowing Mushroom	Resist Shock	Fortify Destruction	Fortify Smithing	Fortify Health	0.2	5
Grass Pod	Resist Poison	Ravage Magicka	Fortify Alteration	Restore Magicka	0.1	1
Hagraven Claw	Resist Magic	Lingering Damage Magicka	Fortify Enchanting	Fortify Barter	0.3	20
Hagraven Feathers	Damage Magicka	Fortify Conjunction	Frenzy	Weakness to Shock	0.1	20
Hanging Moss	Damage Magicka	Fortify Health	Damage Magicka Regen	Fortify One-Handed	0.3	1
Hawk Beak	Restore Stamina	Resist Frost	Fortify Carry Weight	Resist Shock	0.3	15
Hawk Feathers	Cure Disease	Fortify Light Armor	Fortify One-Handed	Fortify Sneak	0.1	15
Histcarp	Restore Stamina	Fortify Magicka	Damage Stamina Regen	Waterbreathing	0.3	6
Honeycomb	Restore Stamina	Fortify Block	Fortify Light Armor	Ravage Stamina	1	5
Human Flesh	Damage Health	Paralysis	Restore Magicka	Fortify Sneak	0.3	1
Human Heart	Damage Health	Damage Magicka	Damage Magicka Regen	Frenzy	1	0
Ice Wraith Teeth	Weakness to Frost	Fortify Heavy Armor	Invisibility	Weakness to Fire	0.3	30
Imp Stool	Damage Health	Lingering Damage Health	Paralysis	Restore Health	0.3	0
Jarrin Root	Damage Health	Damage Magicka	Damage Stamina	Damage Magicka Regen	0.5	10
Jazbay Grapes	Weakness to Magic	Fortify Magicka	Regenerate Magicka	Ravage Health	0.2	1
Juniper Berries	Weakness to Fire	Fortify Marksman	Regenerate Health	Damage Stamina Regen	0.1	1
Large Antlers	Restore Stamina	Fortify Stamina	Slow	Damage Stamina Regen	0.1	2
Lavender	Resist Magic	Fortify Stamina	Ravage Magicka	Fortify Conjunction	0.1	1
Luna Moth Wing	Damage Magicka	Fortify Light Armor	Regenerate Health	Invisibility	0.1	5
Moon Sugar	Weakness to Fire	Resist Frost	Restore Magicka	Regenerate Magicka	0.3	50
Mora Tapinella	Restore Magicka	Lingering Damage Health	Regenerate Stamina	Fortify Illusion	0.3	4
Mudcrab Chitin	Restore Stamina	Cure Disease	Resist Poison	Resist Fire	0.3	2
Namira's Rot	Damage Magicka	Fortify Lockpicking	Fear	Regenerate Health	0.3	0
Nightshade	Damage Health	Damage Magicka Regen	Lingering Damage Stamina	Fortify Destruction	0.1	8
Nirnroot	Damage Health	Damage Stamina	Invisibility	Resist Magic	0.2	10
Nordic Barnacle	Damage Magicka	Waterbreathing	Regenerate Health	Fortify Pickpocket	0.2	5
Orange Dartwing	Restore Stamina	Ravage Magicka	Fortify Pickpocket	Lingering Damage Health	0.1	1
Pearl	Restore Stamina	Fortify Block	Restore Magicka	Resist Shock	0.1	2
Pine Thrush Egg	Restore Stamina	Fortify Lockpicking	Weakness to Poison	Resist Shock	0.5	2
Powdered Mammoth Tusk	Restore Stamina	Fortify Sneak	Weakness to Fire	Fear	0.1	2
Purple Mountain Flower	Restore Stamina	Fortify Sneak	Lingering Damage Magicka	Resist Frost	0.1	2
Red Mountain Flower	Restore Magicka	Ravage Magicka	Fortify Magicka	Damage Health	0.1	2
River Betty	Damage Health	Fortify Alteration	Slow	Fortify Carry Weight	0.3	15
Rock Warbler Egg	Restore Health	Fortify One-Handed	Damage Stamina	Weakness to Magic	0.5	2
Sabre Cat Tooth	Restore Stamina	Fortify Heavy Armor	Fortify Smithing	Weakness to Poison	0.1	2

Salt Pile	Weakness to Magic	Fortify Restoration	Slow	Regenerate Magicka	0.2	2
Scaly Pholiota	Weakness to Magic	Fortify Illusion	Regenerate Stamina	Fortify Carry Weight	0.3	4
Silverside Perch	Restore Stamina	Damage Stamina Regen	Ravage Health	Resist Frost	0.3	15
Skeever Tail	Damage Stamina Regen	Ravage Health	Damage Health	Fortify Light Armor	0.2	3
Slaughterfish Egg	Resist Poison	Fortify Pickpocket	Lingering Damage Health	Fortify Stamina	0.2	3
Slaughterfish Scales	Resist Frost	Lingering Damage Health	Fortify Heavy Armor	Fortify Block	0.1	3
Small Antlers	Weakness to Poison	Fortify Restoration	Lingering Damage Stamina	Damage Health	0.1	2
Small Pearl	Restore Stamina	Fortify One-Handed	Fortify Restoration	Resist Frost	0.1	2
Snowberries	Resist Fire	Fortify Enchanting	Resist Frost	Resist Shock	0.1	4
Spider Egg	Damage Stamina	Damage Magicka Regen	Fortify Lockpicking	Fortify Marksman	0.2	5.0
Spriggan Sap	Damage Magicka Regen	Fortify Enchanting	Fortify Smithing	Fortify Alteration	0.2	5
Swamp Fungal Pod	Resist Shock	Lingering Damage Magicka	Paralysis	Restore Health	0.3	5
Taproot	Weakness to Magic	Fortify Illusion	Regenerate Magicka	Restore Magicka	0.5	15
Thistle Branch	Resist Frost	Ravage Stamina	Resist Poison	Fortify Heavy Armor	0.1	1
Torchbug Thorax	Restore Stamina	Lingering Damage Magicka	Weakness to Magic	Fortify Stamina	0.1	1.0
Troll Fat	Resist Poison	Fortify Two-Handed	Frenzy	Damage Health	1	15
Tundra Cotton	Resist Magic	Fortify Magicka	Fortify Block	Fortify Barter	0.1	1
Vampire Dust	Invisibility	Restore Magicka	Regenerate Health	Cure Disease	0.2	25
Void Salts	Weakness to Shock	Resist Magic	Damage Health	Fortify Magicka	0.2	125
Wheat	Restore Health	Fortify Health	Damage Stamina Regen	Lingering Damage Magicka	0.1	5
White Cap	Weakness to Frost	Fortify Heavy Armor	Restore Magicka	Ravage Magicka	0.3	0
Wisp Wrappings	Restore Stamina	Fortify Destruction	Fortify Carry Weight	Resist Magic	0.1	2
Hawk's Egg	Resist Magic	Damage Magicka Regen	Waterbreathing	Lingering Damage Stamina	0.5	5
Salmon Roe	Restore Stamina	Waterbreathing	Fortify Magicka	Regenerate Magicka	0.2	5
Ancestor Moth Wing	Damage Stamina	Fortify Conjuration	Damage Magicka Regen	Fortify Enchanting	0.1	2
Chaurus Hunter Antennae	Damage Stamina	Fortify Conjuration	Damage Magicka Regen	Fortify Enchanting	0.1	2
Gleamblossom	Resist Magic	Fear	Regenerate Health	Paralysis	0.1	5
Poison Bloom	Damage Health	Slow	Fortify Carry Weight	Fear	0.25	5
Yellow Mountain Flower	Resist Poison	Fortify Restoration	Fortify Health	Damage Stamina Regen	0.1	2
Ash Creep Cluster	Damage Stamina	Invisibility	Resist Fire	Fortify Destruction	0.3	20
Ash Hopper Jelly	Restore Health	Fortify Light Armor	Resist Shock	Weakness to Frost	0.3	20
Ashen Grass Pod	Resist Fire	Weakness to Shock	Fortify Lockpicking	Fortify Sneak	0.1	1
Boar Tusk	Fortify Stamina	Fortify Health	Fortify Block	Frenzy	0.5	20
Burnt Spriggan Wood	Weakness to Fire	Fortify Alteration	Damage Magicka Regen	Slow	0.5	20
Emperor Parasol Moss	Damage Health	Fortify Magicka	Regenerate Health	Fortify Two-Handed	0.3	1
Felsaad Tern Feathers	Restore Health	Fortify Light Armor	Cure Disease	Resist Magic	0.1	15
Netch Jelly	Paralysis	Fortify Carry Weight	Restore Stamina	Fear	0.5	20
Scathecraw	Ravage Health	Ravage Stamina	Ravage Magicka	Lingering Damage Health	0.1	1
Spawn Ash	Ravage Stamina	Resist Fire	Fortify Enchanting	Ravage Magicka	0.1	20
Trama Root	Weakness to Shock	Fortify Carry Weight	Damage Magicka	Slow	0.2	1