

Consumed	Index No.	Effect
No	0	None
Yes	1	Heal "var" HP if HP falls below 50%
Yes	2	Adamant Orb Effect
Yes	3	Lustrous Orb Effect
Yes	4	Heal Paralysis if afflicted
Yes	5	Heal Sleep if afflicted
Yes	6	Heal Poison if afflicted
Yes	7	Heal Burn if afflicted
Yes	8	Heal Freeze if afflicted
Yes	9	Restores 10 PP if move PP reaches 0
Yes	10	Heal confusion if afflicted
Yes	11	Heal any status or confusion
Yes	12	Heal 25% HP if HP falls below 50%
Yes	13	Heal 1/8 HP but confuses pokemon that dislike Spicy if HP falls below 50%
Yes	14	Heal 1/8 HP but confuses pokemon that dislike Dry if HP falls below 50%
Yes	15	Heal 1/8 HP but confuses pokemon that dislike Sweet if HP falls below 50%
Yes	16	Heal 1/8 HP but confuses pokemon that dislike Bitter if HP falls below 50%
Yes	17	Heal 1/8 HP but confuses pokemon that dislike Sour if HP falls below 50%
Yes	18	Decrease supereffective Fire-type move damage
Yes	19	Decrease supereffective Water-type move damage
Yes	20	Decrease supereffective Electric-type move damage
Yes	21	Decrease supereffective Grass-type move damage
Yes	22	Decrease supereffective Ice-type move damage
Yes	23	Decrease supereffective Fighting-type move damage
Yes	24	Decrease supereffective Poison-type move damage
Yes	25	Decrease supereffective Ground-type move damage
Yes	26	Decrease supereffective Flying-type move damage
Yes	27	Decrease supereffective Psychic-type move damage
Yes	28	Decrease supereffective Bug-type move damage
Yes	29	Decrease supereffective Rock-type move damage
Yes	30	Decrease supereffective Ghost-type move damage
Yes	31	Decrease supereffective Dragon-type move damage
Yes	32	Decrease supereffective Dark-type move damage
Yes	33	Decrease supereffective Steel-type move damage
Yes	34	Decrease Normal-type move damage
Yes	35	Raises Attack if HP falls below 25%
Yes	36	Raises Defense if HP falls below 25%
Yes	37	Raises Speed if HP falls below 25%
Yes	38	Raises Special Attack if HP falls below 25%
Yes	39	Raises Special Defense if HP falls below 25%
Yes	40	Raises Crit ratio if HP falls below 25%
Yes	41	Sharply raises a random stat if HP falls below 25%
Yes	42	Heal 25% HP if hit by a supereffective move
Yes	43	When HP falls below 25%: Next move will ignore accuracy and evasion checks; non-OHKO moves have chance to break through Protect and Detect with chance equal to 100% - move's accuracy
Yes	44	Gives the next move used priority when HP falls below 25%
Yes	45	Damages opponent that hits holder with a Physical move
Yes	46	Damages opponent that hits holder with a Special move
No	47	Lowers opponent's accuracy by 10%
Yes	48	Restores any lowered stat
No	49	Doubles all EV's obtained during battle but halves speed
No	50	Allows holder to gain exp without being sent out during battle
No	51	Has a 20% chance of allowing holder to move first
No	52	Increases friendship point gain by 50%
Yes	53	Cures attract/ infatuation
No	54	Boosts Attack by 50% but only allows use of the first move selected
No	55	Gives a specific list of moves a 10% chance of causing the target(s) to flinch; gives each hit of a multi-hit move a 10% chance of causing the target to flinch
No	56	Increases the power of Bug-type moves used by the holder by 20%
No	57	Doubles the amount of prize money received after battle; doubles coins picked up from Pay Day
No	58	Decreases encounter rate of wild Pokémon by 1/3 when held by first member of party (works when holder is fainted)
No	59	Increases Special Attack and Special Defense by 50% when held by Latios or Latias
No	60	Doubles Special Attack when held by Clamperl
No	61	Doubles Attack when held by Clamperl
No	62	Allows holder to flee or teleport successfully regardless of trapping moves, abilities, or level differences
No	63	Prevents holder from evolving by level-up or trade (with the exception of Kadabra)
No	64	Has a 10% chance to prevent the holder from fainting due to any event (confusion damage included) that would cause it to reach 0 HP and instead leaves it with 1 HP.
No	65	Gives the holder a 50% boost in Exp gained
No	66	Raises holder's critical hit ratio by one stage
No	67	Increases the power of Steel-type moves used by the holder by 20%
No	68	Restores 1/16 of the holder's maximum HP at the end of each turn
No	69	None - placeholder for Seadra trade evolution effect
No	70	Doubles Attack and Special Attack when held by a Pikachu
No	71	Increases the power of Ground-type moves used by the holder by 20%
No	72	Increases the power of Rock-type moves used by the holder by 20%
No	73	Increases the power of Grass-type moves used by the holder by 20%
No	74	Increases the power of Dark-type moves used by the holder by 20%
No	75	Increases the power of Fighting-type moves used by the holder by 20%
No	76	Increases the power of Electric-type moves used by the holder by 20%
No	77	Increases the power of Water-type moves used by the holder by 20%
No	78	Increases the power of Flying-type moves used by the holder by 20%
No	79	Increases the power of Poison-type moves used by the holder by 20%
No	80	Increases the power of Ice-type moves used by the holder by 20%
No	81	Increases the power of Ghost-type moves used by the holder by 20%
No	82	Increases the power of Psychic-type moves used by the holder by 20%
No	83	Increases the power of Fire-type moves used by the holder by 20%
No	84	Increases the power of Dragon-type moves used by the holder by 20%
No	85	Increases the power of Normal-type moves used by the holder by 20%
No	86	None - placeholder for Porygon trade evolution effect
No	87	Restores HP equal to the amount dealtt by the holder that turn, unless a Substitute is hit
No	88	Increases critical hit ratio by two stages when held by Chansey
No	89	Doubles the defense stat of an un-transformed Ditto
No	90	Doubles Attack stat when held by Cubone or Marowak
No	91	Increases critical hit ratio by two stages when held by Farfetch'd
No	92	Boosts the accuracy of the holder's moves by 10%
No	93	Boosts the power of the holder's physical moves by 10%
No	94	Boosts the power of the holder's special moves by 10%
No	95	Boosts the damage of the holder's supereffective moves by 20%
No	96	Increases the duration of Light Screen and Reflect to eight turns
No	97	Boosts the power of the holder's damaging moves by 30%, but causes the holder to take damage equal to 10% of their maximum HP after using a damaging move
No	98	If the holder uses a move that requires a turn to charge it, this item is consumed and the move is executed immediately (if Solar Beam is used during harsh sunlight, this item is not consumed)
No	99	At the end of the turn, the holder is badly poisoned (Toxic effect). The holder does not take damage from poison the turn it is inflicted.
No	100	At the end of the turn, the holder is burned. The holder does not take damage from burn the turn it is inflicted.
No	101	Doubles the Speed stat of an un-transformed Ditto
Yes	102	If the holder has full HP and is hit by an attack that would cause it to faint, it survives with 1 HP. The item is then consumed.
No	103	Boosts the accuracy of the holder's moves by 20% against targets that have moved prior to the holder in the current turn.
No	104	Boosts the power of a move used consecutively by the holder by 10%, with a maximum increase of 100%. The bonus is reset if the move fails to land, a different move is used, or the holder is switched out
No	105	Halves the holder's Speed; allows the holder to be hit by Ground-type moves if held by a Pokémon of the Flying-type or with the Abilities Levitate or Magnet Rise; Speed is still halved with Klutz ability.
No	106	Forces the holder to move last in its priority bracket, regardless of its Speed stat. (Causes it to move last whenever there is a Speed and priority tie).
No	107	If the holder becomes infatuated (Attract), the opponent that used Attract will become infatuated as well.
No	108	If held by a Poison-type, restores 1/16 of the holder's maximum HP at the end of each turn
No	109	If the holder uses the move Hail, the subsequent weather effect lasts eight turns instead of five turns
No	110	If the holder uses the move Sandstorm, the subsequent weather effect lasts eight turns instead of five turns
No	111	If the holder uses the move Sunny Day, the subsequent weather effect lasts eight turns instead of five turns
No	112	If the holder uses the move Drizzle, the subsequent weather effect lasts eight turns instead of five turns
No	113	If the holder uses a binding move, said binding move will always last for five turns
No	114	Boosts Speed by 50% but only allows use of the first move selected
No	115	Damages the holder by 1/8 of its maximum HP at the end of each turn. If a Pokémon with no held item hits the holder with a contact move, the item will be transferred to the Pokémon that used the move
No	116	The holder gains 4 Attack EV's whenever it gains experience in battle (However, level 100 Pokémon are unable to gain EV's, as they can't gain Exp)
No	117	The holder gains 4 Defense EV's whenever it gains experience in battle (However, level 100 Pokémon are unable to gain EV's, as they can't gain Exp)
No	118	The holder gains 4 Special Attack EV's whenever it gains experience in battle (However, level 100 Pokémon are unable to gain EV's, as they can't gain Exp)
No	119	The holder gains 4 Special Defense EV's whenever it gains experience in battle (However, level 100 Pokémon are unable to gain EV's, as they can't gain Exp)
No	120	The holder gains 4 Speed EV's whenever it gains experience in battle (However, level 100 Pokémon are unable to gain EV's, as they can't gain Exp)
No	121	The holder gains 4 HP EV's whenever it gains experience in battle (However, level 100 Pokémon are unable to gain EV's, as they can't gain Exp)
No	122	Allows the holder to switch out (but not flee or Teleport) if it is trapped by a move or Ability
No	123	If the holder uses a draining move, it restores 30% more HP than it normally would; the holder regains 30% more HP from Leech Seed, Ingrain, and Aqua Ring as well; increases damage inflicted by Liquid Ooze by 30%
No	124	Boosts Special Attack by 50% but only allows use of the first move selected
No	125	Boosts the power of the holder's Fire-type moves by 20%; if the holder uses the move Judgement, it becomes a Fire-type move
No	126	Boosts the power of the holder's Water-type moves by 20%; if the holder uses the move Judgement, it becomes a Water-type move
No	127	Boosts the power of the holder's Electric-type moves by 20%; if the holder uses the move Judgement, it becomes a Electric-type move
No	128	Boosts the power of the holder's Grass-type moves by 20%; if the holder uses the move Judgement, it becomes a Grass-type move
No	129	Boosts the power of the holder's Ice-type moves by 20%; if the holder uses the move Judgement, it becomes an Ice-type move
No	130	Boosts the power of the holder's Fighting-type moves by 20%; if the holder uses the move Judgement, it becomes a Fighting-type move
No	131	Boosts the power of the holder's Poison-type moves by 20%; if the holder uses the move Judgement, it becomes a Poison-type move
No	132	Boosts the power of the holder's Ground-type moves by 20%; if the holder uses the move Judgement, it becomes a Ground-type move
No	133	Boosts the power of the holder's Flying-type moves by 20%; if the holder uses the move Judgement, it becomes a Flying-type move
No	134	Boosts the power of the holder's Psychic-type moves by 20%; if the holder uses the move Judgement, it becomes a Psychic-type move
No	135	Boosts the power of the holder's Bug-type moves by 20%; if the holder uses the move Judgement, it becomes a Bug-type move
No	136	Boosts the power of the holder's Rock-type moves by 20%; if the holder uses the move Judgement, it becomes a Rock-type move
No	137	Boosts the power of the holder's Ghost-type moves by 20%; if the holder uses the move Judgement, it becomes a Ghost-type move
No	138	Boosts the power of the holder's Dragon-type moves by 20%; if the holder uses the move Judgement, it becomes a Dragon-type move
No	139	Boosts the power of the holder's Dark-type moves by 20%; if the holder uses the move Judgement, it becomes a Dark-type move
No	140	Boosts the power of the holder's Steel-type moves by 20%; if the holder uses the move Judgement, it becomes a Steel-type move
No	141	None - placeholder for Rhydon trade evolution effect
No	142	None - placeholder for Electabuzz trade evolution effect
No	143	None - placeholder for Magmar trade evolution effect
No	144	None - placeholder for Porygon2 trade evolution effect
No	145	None - placeholder for Dusclops trade evolution effect