

Game: The Elder Scrolls V: Skyrim
Content: Alchemy Ingredients and Effects
Key: DB = Dragonborn DLC DG = Dawnguard DLC
 HF = Hearthfire DLC 🌱 = Can plant in Hearthfire garden

Ingredient	Effect 1	Effect 2	Effect 3	Effect 4
Abecean Longfin	<input type="checkbox"/> Weakness to Frost	<input type="checkbox"/> Fortify Sneak	<input type="checkbox"/> Weakness to Poison	<input type="checkbox"/> Fortify Restoration
Ancestor Moth Wing ^{DG}	<input type="checkbox"/> Damage Stamina	<input type="checkbox"/> Fortify Conjunction	<input type="checkbox"/> Damage Magicka Regen	<input type="checkbox"/> Fortify Enchanting
Ash Creep Cluster ^{DB}	<input type="checkbox"/> Damage Stamina	<input type="checkbox"/> Invisibility	<input type="checkbox"/> Resist Fire	<input type="checkbox"/> Fortify Destruction
Ash Hopper Jelly ^{DB}	<input type="checkbox"/> Restore Health	<input type="checkbox"/> Fortify Light Armor	<input type="checkbox"/> Resist Shock	<input type="checkbox"/> Weakness to Frost
Ashen Grass Pod ^{DB}	<input type="checkbox"/> Resist Fire	<input type="checkbox"/> Weakness to Shock	<input type="checkbox"/> Fortify Lockpicking	<input type="checkbox"/> Fortify Sneak
Bear Claws	<input type="checkbox"/> Restore Stamina	<input type="checkbox"/> Fortify Health	<input type="checkbox"/> Fortify One-handed	<input type="checkbox"/> Damage Magicka Regen
Bee	<input type="checkbox"/> Restore Stamina	<input type="checkbox"/> Ravage Stamina	<input type="checkbox"/> Regenerate Stamina	<input type="checkbox"/> Weakness to Shock
Beehive Husk	<input type="checkbox"/> Resist Poison	<input type="checkbox"/> Fortify Light Armor	<input type="checkbox"/> Fortify Sneak	<input type="checkbox"/> Fortify Destruction
Bleeding Crown 🌱	<input type="checkbox"/> Weakness to Fire	<input type="checkbox"/> Fortify Block	<input type="checkbox"/> Weakness to Poison	<input type="checkbox"/> Resist Magic
Blisterwort 🌱	<input type="checkbox"/> Damage Stamina	<input type="checkbox"/> Frenzy	<input type="checkbox"/> Restore Health	<input type="checkbox"/> Fortify Smithing
Blue Butterfly Wing	<input type="checkbox"/> Damage Stamina	<input type="checkbox"/> Fortify Conjunction	<input type="checkbox"/> Damage Magicka Regen	<input type="checkbox"/> Fortify Enchanting
Blue Dartwing	<input type="checkbox"/> Resist Shock	<input type="checkbox"/> Fortify Pickpocket	<input type="checkbox"/> Restore Health	<input type="checkbox"/> Fear
Blue Mountain Flower 🌱	<input type="checkbox"/> Restore Health	<input type="checkbox"/> Fortify Conjunction	<input type="checkbox"/> Fortify Health	<input type="checkbox"/> Damage Magicka Regen
Boar Tusk ^{DB}	<input type="checkbox"/> Fortify Stamina	<input type="checkbox"/> Fortify Health	<input type="checkbox"/> Fortify Block	<input type="checkbox"/> Frenzy
Bone Meal	<input type="checkbox"/> Damage Stamina	<input type="checkbox"/> Resist Fire	<input type="checkbox"/> Fortify Conjunction	<input type="checkbox"/> Ravage Stamina
Briar Heart	<input type="checkbox"/> Restore Magicka	<input type="checkbox"/> Fortify Block	<input type="checkbox"/> Paralysis	<input type="checkbox"/> Fortify Magicka
Burnt Spriggan Wood ^{DB}	<input type="checkbox"/> Weakness to Fire	<input type="checkbox"/> Fortify Alteration	<input type="checkbox"/> Damage Magicka Regen	<input type="checkbox"/> Slow
Butterfly Wing	<input type="checkbox"/> Restore Health	<input type="checkbox"/> Fortify Barter	<input type="checkbox"/> Lingerin Damage Stamina	<input type="checkbox"/> Damage Magicka
Canis Root 🌱	<input type="checkbox"/> Damage Stamina	<input type="checkbox"/> Fortify One-handed	<input type="checkbox"/> Fortify Marksman	<input type="checkbox"/> Paralysis
Charred Skeever Hide	<input type="checkbox"/> Restore Stamina	<input type="checkbox"/> Cure Disease	<input type="checkbox"/> Resist Poison	<input type="checkbox"/> Restore Health
Chaurus Eggs	<input type="checkbox"/> Weakness to Poison	<input type="checkbox"/> Fortify Stamina	<input type="checkbox"/> Damage Magicka	<input type="checkbox"/> Invisibility
Chaurus Hunter Antennae ^{DG}	<input type="checkbox"/> Damage Stamina	<input type="checkbox"/> Fortify Conjunction	<input type="checkbox"/> Damage Magicka Regen	<input type="checkbox"/> Fortify Enchanting
Chicken's Egg	<input type="checkbox"/> Resist Magic	<input type="checkbox"/> Damage Magicka Regen	<input type="checkbox"/> Waterbreathing	<input type="checkbox"/> Lingerin Damage Stamina
Creep Cluster 🌱	<input type="checkbox"/> Restore Magicka	<input type="checkbox"/> Damage Stamina Regen	<input type="checkbox"/> Fortify Carry Weight	<input type="checkbox"/> Weakness to Magic
Crimson Nirnroot	<input type="checkbox"/> Damage Health	<input type="checkbox"/> Damage Stamina	<input type="checkbox"/> Invisibility	<input type="checkbox"/> Resist Magic
Cyrodilic Spadetail	<input type="checkbox"/> Damage Stamina	<input type="checkbox"/> Fortify Restoration	<input type="checkbox"/> Fear	<input type="checkbox"/> Ravage Health
Daedra Heart	<input type="checkbox"/> Restore Health	<input type="checkbox"/> Damage Stamina Regen	<input type="checkbox"/> Damage Magicka	<input type="checkbox"/> Fear
Deathbell 🌱	<input type="checkbox"/> Damage Health	<input type="checkbox"/> Ravage Stamina	<input type="checkbox"/> Slow	<input type="checkbox"/> Weakness to Poison
Dragon's Tongue 🌱	<input type="checkbox"/> Resist Fire	<input type="checkbox"/> Fortify Barter	<input type="checkbox"/> Fortify Illusion	<input type="checkbox"/> Fortify Two-handed
Dwarven Oil	<input type="checkbox"/> Weakness to Magic	<input type="checkbox"/> Fortify Illusion	<input type="checkbox"/> Regenerate Magicka	<input type="checkbox"/> Restore Magicka
Ectoplasm	<input type="checkbox"/> Restore Magicka	<input type="checkbox"/> Fortify Destruction	<input type="checkbox"/> Fortify Magicka	<input type="checkbox"/> Damage Health
Elves Ear	<input type="checkbox"/> Restore Magicka	<input type="checkbox"/> Fortify Marksman	<input type="checkbox"/> Weakness to Frost	<input type="checkbox"/> Resist Fire
Emperor Parasol Moss ^{DB}	<input type="checkbox"/> Damage Health	<input type="checkbox"/> Fortify Magicka	<input type="checkbox"/> Regenerate Health	<input type="checkbox"/> Fortify Two-handed
Eye of Sabre Cat	<input type="checkbox"/> Restore Stamina	<input type="checkbox"/> Ravage Health	<input type="checkbox"/> Damage Magicka	<input type="checkbox"/> Restore Health
Falmer Ear	<input type="checkbox"/> Damage Health	<input type="checkbox"/> Frenzy	<input type="checkbox"/> Resist Poison	<input type="checkbox"/> Fortify Lockpicking
Felsaad Tern Feathers ^{DB}	<input type="checkbox"/> Restore Health	<input type="checkbox"/> Fortify Light Armor	<input type="checkbox"/> Cure Disease	<input type="checkbox"/> Resist Magic
Fire Salts	<input type="checkbox"/> Weakness to Frost	<input type="checkbox"/> Resist Fire	<input type="checkbox"/> Restore Magicka	<input type="checkbox"/> Regenerate Magicka

Ingredient	Effect 1	Effect 2	Effect 3	Effect 4
Fly Amanita 	<input type="checkbox"/> Resist Fire	<input type="checkbox"/> Fortify Two-handed	<input type="checkbox"/> Frenzy	<input type="checkbox"/> Regenerate Stamina
Frost Mirriam	<input type="checkbox"/> Resist Frost	<input type="checkbox"/> Fortify Sneak	<input type="checkbox"/> Ravage Magicka	<input type="checkbox"/> Damage Stamina Regen
Frost Salts	<input type="checkbox"/> Weakness to Fire	<input type="checkbox"/> Resist Frost	<input type="checkbox"/> Restore Magicka	<input type="checkbox"/> Fortify Conjuraton
Garlic	<input type="checkbox"/> Resist Poison	<input type="checkbox"/> Fortify Stamina	<input type="checkbox"/> Regenerate Magicka	<input type="checkbox"/> Regenerate Health
Giant Lichen 	<input type="checkbox"/> Weakness to Shock	<input type="checkbox"/> Ravage Health	<input type="checkbox"/> Weakness to Poison	<input type="checkbox"/> Restore Magicka
Giant's Toe	<input type="checkbox"/> Damage Stamina	<input type="checkbox"/> Fortify Health	<input type="checkbox"/> Fortify Carry Weight	<input type="checkbox"/> Damage Stamina Regen
Gleamblossom ^{DG}	<input type="checkbox"/> Resist Magic	<input type="checkbox"/> Fear	<input type="checkbox"/> Regenerate Health	<input type="checkbox"/> Paralysis
Glow Dust	<input type="checkbox"/> Damage Magicka	<input type="checkbox"/> Damage Magicka Regen	<input type="checkbox"/> Fortify Destruction	<input type="checkbox"/> Resist Shock
Glowing Mushroom 	<input type="checkbox"/> Resist Shock	<input type="checkbox"/> Fortify Destruction	<input type="checkbox"/> Fortify Smithing	<input type="checkbox"/> Fortify Health
Grass Pod 	<input type="checkbox"/> Resist Poison	<input type="checkbox"/> Ravage Magicka	<input type="checkbox"/> Fortify Alteration	<input type="checkbox"/> Restore Magicka
Hagraven Claw	<input type="checkbox"/> Resist Magic	<input type="checkbox"/> Lingering Damage Magicka	<input type="checkbox"/> Fortify Enchanting	<input type="checkbox"/> Fortify Barter
Hagraven Feathers	<input type="checkbox"/> Damage Magicka	<input type="checkbox"/> Fortify Conjuraton	<input type="checkbox"/> Frenzy	<input type="checkbox"/> Weakness to Shock
Hanging Moss	<input type="checkbox"/> Damage Magicka	<input type="checkbox"/> Fortify Health	<input type="checkbox"/> Damage Magicka Regen	<input type="checkbox"/> Fortify One-handed
Hawk Beak	<input type="checkbox"/> Restore Stamina	<input type="checkbox"/> Resist Frost	<input type="checkbox"/> Fortify Carry Weight	<input type="checkbox"/> Resist Shock
Hawk Feathers	<input type="checkbox"/> Cure Disease	<input type="checkbox"/> Fortify Light Armor	<input type="checkbox"/> Fortify One-handed	<input type="checkbox"/> Fortify Sneak
Hawk's Egg ^{HF}	<input type="checkbox"/> Resist Magic	<input type="checkbox"/> Damage Magicka Regen	<input type="checkbox"/> Waterbreathing	<input type="checkbox"/> Lingering Damage Stamina
Histcarp	<input type="checkbox"/> Restore Stamina	<input type="checkbox"/> Fortify Magicka	<input type="checkbox"/> Damage Stamina Regen	<input type="checkbox"/> Waterbreathing
Honeycomb	<input type="checkbox"/> Restore Stamina	<input type="checkbox"/> Fortify Block	<input type="checkbox"/> Fortify Light Armor	<input type="checkbox"/> Ravage Stamina
Human Flesh	<input type="checkbox"/> Damage Health	<input type="checkbox"/> Paralysis	<input type="checkbox"/> Restore Magicka	<input type="checkbox"/> Fortify Sneak
Human Heart	<input type="checkbox"/> Damage Health	<input type="checkbox"/> Damage Magicka	<input type="checkbox"/> Damage Magicka Regen	<input type="checkbox"/> Frenzy
Ice Wraith Teeth	<input type="checkbox"/> Weakness to Frost	<input type="checkbox"/> Fortify Heavy Armor	<input type="checkbox"/> Invisibility	<input type="checkbox"/> Weakness to Fire
Imp Stool 	<input type="checkbox"/> Damage Health	<input type="checkbox"/> Lingering Damage Health	<input type="checkbox"/> Paralysis	<input type="checkbox"/> Restore Health
Jazbay Grapes 	<input type="checkbox"/> Weakness to Magic	<input type="checkbox"/> Fortify Magicka	<input type="checkbox"/> Regenerate Magicka	<input type="checkbox"/> Ravage Health
Juniper Berries 	<input type="checkbox"/> Weakness to Fire	<input type="checkbox"/> Fortify Marksman	<input type="checkbox"/> Regenerate Health	<input type="checkbox"/> Damage Stamina Regen
Large Antlers	<input type="checkbox"/> Restore Stamina	<input type="checkbox"/> Fortify Stamina	<input type="checkbox"/> Slow	<input type="checkbox"/> Damage Stamina Regen
Lavender 	<input type="checkbox"/> Resist Magic	<input type="checkbox"/> Fortify Stamina	<input type="checkbox"/> Ravage Magicka	<input type="checkbox"/> Fortify Conjuraton
Luna Moth Wing	<input type="checkbox"/> Damage Magicka	<input type="checkbox"/> Fortify Light Armor	<input type="checkbox"/> Regenerate Health	<input type="checkbox"/> Invisibility
Moon Sugar	<input type="checkbox"/> Weakness to Fire	<input type="checkbox"/> Resist Frost	<input type="checkbox"/> Restore Magicka	<input type="checkbox"/> Regenerate Magicka
Mora Tapinella 	<input type="checkbox"/> Restore Magicka	<input type="checkbox"/> Lingering Damage Health	<input type="checkbox"/> Regenerate Stamina	<input type="checkbox"/> Fortify Illusion
Mudcrab Chitin	<input type="checkbox"/> Restore Stamina	<input type="checkbox"/> Cure Disease	<input type="checkbox"/> Resist Poison	<input type="checkbox"/> Resist Fire
Namira's Rot 	<input type="checkbox"/> Damage Magicka	<input type="checkbox"/> Fortify Lockpicking	<input type="checkbox"/> Fear	<input type="checkbox"/> Regenerate Health
Netch Jelly ^{DB}	<input type="checkbox"/> Paralysis	<input type="checkbox"/> Fortify Carry Weight	<input type="checkbox"/> Restore Stamina	<input type="checkbox"/> Fear
Nightshade 	<input type="checkbox"/> Damage Health	<input type="checkbox"/> Damage Magicka Regen	<input type="checkbox"/> Lingering Damage Stamina	<input type="checkbox"/> Fortify Destruction
Nirnroot	<input type="checkbox"/> Damage Health	<input type="checkbox"/> Damage Stamina	<input type="checkbox"/> Invisibility	<input type="checkbox"/> Resist Magic
Nordic Barnacle	<input type="checkbox"/> Damage Magicka	<input type="checkbox"/> Waterbreathing	<input type="checkbox"/> Regenerate Health	<input type="checkbox"/> Fortify Pickpocket
Orange Dartwing	<input type="checkbox"/> Restore Stamina	<input type="checkbox"/> Ravage Magicka	<input type="checkbox"/> Fortify Pickpocket	<input type="checkbox"/> Lingering Damage Health
Pearl	<input type="checkbox"/> Restore Stamina	<input type="checkbox"/> Fortify Block	<input type="checkbox"/> Restore Magicka	<input type="checkbox"/> Resist Shock
Pine Thrush Egg	<input type="checkbox"/> Restore Stamina	<input type="checkbox"/> Fortify Lockpicking	<input type="checkbox"/> Weakness to Poison	<input type="checkbox"/> Resist Shock
Poison Bloom ^{DG}	<input type="checkbox"/> Damage Health	<input type="checkbox"/> Slow	<input type="checkbox"/> Fortify Carry Weight	<input type="checkbox"/> Fear

Ingredient	Effect 1	Effect 2	Effect 3	Effect 4
Powdered Mammoth Tusk	<input type="checkbox"/> Restore Stamina	<input type="checkbox"/> Fortify Sneak	<input type="checkbox"/> Weakness to Fire	<input type="checkbox"/> Fear
Purple Mountain Flower 	<input type="checkbox"/> Restore Stamina	<input type="checkbox"/> Fortify Sneak	<input type="checkbox"/> Lingerin Damage Magicka	<input type="checkbox"/> Resist Frost
Red Mountain Flower 	<input type="checkbox"/> Restore Magicka	<input type="checkbox"/> Ravage Magicka	<input type="checkbox"/> Fortify Magicka	<input type="checkbox"/> Damage Health
River Betty	<input type="checkbox"/> Damage Health	<input type="checkbox"/> Fortify Alteration	<input type="checkbox"/> Slow	<input type="checkbox"/> Fortify Carry Weight
Rock Warbler Egg	<input type="checkbox"/> Restore Health	<input type="checkbox"/> Fortify One-handed	<input type="checkbox"/> Damage Stamina	<input type="checkbox"/> Weakness to Magic
Sabre Cat Tooth	<input type="checkbox"/> Restore Stamina	<input type="checkbox"/> Fortify Heavy Armor	<input type="checkbox"/> Fortify Smithing	<input type="checkbox"/> Weakness to Poison
Salmon Roe ^{HF}	<input type="checkbox"/> Restore Stamina	<input type="checkbox"/> Waterbreathing	<input type="checkbox"/> Fortify Magicka	<input type="checkbox"/> Regenerate Magicka
Salt Pile	<input type="checkbox"/> Weakness to Magic	<input type="checkbox"/> Fortify Restoration	<input type="checkbox"/> Slow	<input type="checkbox"/> Regenerate Magicka
Scaly Pholiota 	<input type="checkbox"/> Weakness to Magic	<input type="checkbox"/> Fortify Illusion	<input type="checkbox"/> Regenerate Stamina	<input type="checkbox"/> Fortify Carry Weight
Scathecrow ^{DB}	<input type="checkbox"/> Ravage Health	<input type="checkbox"/> Ravage Stamina	<input type="checkbox"/> Ravage Magicka	<input type="checkbox"/> Lingerin Damage Health
Silverside Perch	<input type="checkbox"/> Restore Stamina	<input type="checkbox"/> Damage Stamina Regen	<input type="checkbox"/> Ravage Health	<input type="checkbox"/> Resist Frost
Skeever Tail	<input type="checkbox"/> Damage Stamina Regen	<input type="checkbox"/> Ravage Health	<input type="checkbox"/> Damage Health	<input type="checkbox"/> Fortify Light Armor
Slaughterfish Egg	<input type="checkbox"/> Resist Poison	<input type="checkbox"/> Fortify Pickpocket	<input type="checkbox"/> Lingerin Damage Health	<input type="checkbox"/> Fortify Stamina
Slaughterfish Scales	<input type="checkbox"/> Resist Frost	<input type="checkbox"/> Lingerin Damage Health	<input type="checkbox"/> Fortify Heavy Armor	<input type="checkbox"/> Fortify Block
Small Antlers	<input type="checkbox"/> Weakness to Poison	<input type="checkbox"/> Fortify Restoration	<input type="checkbox"/> Lingerin Damage Stamina	<input type="checkbox"/> Damage Health
Small Pearl	<input type="checkbox"/> Restore Stamina	<input type="checkbox"/> Fortify One-handed	<input type="checkbox"/> Fortify Restoration	<input type="checkbox"/> Resist Frost
Snowberries 	<input type="checkbox"/> Resist Fire	<input type="checkbox"/> Fortify Enchanting	<input type="checkbox"/> Resist Frost	<input type="checkbox"/> Resist Shock
Spawn Ash ^{DB}	<input type="checkbox"/> Ravage Stamina	<input type="checkbox"/> Resist Fire	<input type="checkbox"/> Fortify Enchanting	<input type="checkbox"/> Ravage Magicka
Spider Egg	<input type="checkbox"/> Damage Stamina	<input type="checkbox"/> Damage Magicka Regen	<input type="checkbox"/> Fortify Lockpicking	<input type="checkbox"/> Fortify Marksman
Spriggan Sap	<input type="checkbox"/> Damage Magicka Regen	<input type="checkbox"/> Fortify Enchanting	<input type="checkbox"/> Fortify Smithing	<input type="checkbox"/> Fortify Alteration
Swamp Fungal Pod 	<input type="checkbox"/> Resist Shock	<input type="checkbox"/> Lingerin Damage Magicka	<input type="checkbox"/> Paralysis	<input type="checkbox"/> Restore Health
Taproot	<input type="checkbox"/> Weakness to Magic	<input type="checkbox"/> Fortify Illusion	<input type="checkbox"/> Regenerate Magicka	<input type="checkbox"/> Restore Magicka
Thistle Branch 	<input type="checkbox"/> Resist Frost	<input type="checkbox"/> Ravage Stamina	<input type="checkbox"/> Resist Poison	<input type="checkbox"/> Fortify Heavy Armor
Torchbug Thorax	<input type="checkbox"/> Restore Stamina	<input type="checkbox"/> Lingerin Damage Magicka	<input type="checkbox"/> Weakness to Magic	<input type="checkbox"/> Fortify Stamina
Trama Root ^{DB}	<input type="checkbox"/> Weakness to Shock	<input type="checkbox"/> Fortify Carry Weight	<input type="checkbox"/> Damage Magicka	<input type="checkbox"/> Slow
Troll Fat	<input type="checkbox"/> Resist Poison	<input type="checkbox"/> Fortify Two-handed	<input type="checkbox"/> Frenzy	<input type="checkbox"/> Damage Health
Tundra Cotton 	<input type="checkbox"/> Resist Magic	<input type="checkbox"/> Fortify Magicka	<input type="checkbox"/> Fortify Block	<input type="checkbox"/> Fortify Barter
Vampire Dust	<input type="checkbox"/> Invisibility	<input type="checkbox"/> Restore Magicka	<input type="checkbox"/> Regenerate Health	<input type="checkbox"/> Cure Disease
Void Salts	<input type="checkbox"/> Weakness to Shock	<input type="checkbox"/> Resist Magic	<input type="checkbox"/> Damage Health	<input type="checkbox"/> Fortify Magicka
Wheat 	<input type="checkbox"/> Restore Health	<input type="checkbox"/> Fortify Health	<input type="checkbox"/> Damage Stamina Regen	<input type="checkbox"/> Lingerin Damage Magicka
White Cap 	<input type="checkbox"/> Weakness to Frost	<input type="checkbox"/> Fortify Heavy Armor	<input type="checkbox"/> Restore Magicka	<input type="checkbox"/> Ravage Magicka
Wisp Wrappings	<input type="checkbox"/> Restore Stamina	<input type="checkbox"/> Fortify Destruction	<input type="checkbox"/> Fortify Carry Weight	<input type="checkbox"/> Resist Magic
Yellow Mountain Flower ^{DG}	<input type="checkbox"/> Resist Poison	<input type="checkbox"/> Fortify Restoration	<input type="checkbox"/> Fortify Health	<input type="checkbox"/> Damage Stamina Regen

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