

Damage Health

Ectoplasm
Falmer ear
Imp Stool
Nirnroot
Red mountain flower
Skeever tail
Troll fat

Damage Magika

Bear claws
Chaurus eggs
Glow dust
Hagraven feathers

Damage Stamina

Bone meal
Canis root
Juniper berries
Nirnroot

Damage Magika Regen

Bear claws
Blue mountain flower
Eye of sabre cat
Glow dust
Spider egg

Damage Stamina Regen

Blisterwort
Frost mirriam
Juniper berries
Large antlers
Skeever tail
Wheat

Fortify Conjuration

Blue mountain flower
Bone meal
Lavender

Fortify Health

Bear claws
Blue mountain flower

Fortify Heavy Armour

Thistle branch
White cap

Fortify Light Armour

Skeever tail

Fortify Marksman

Canis root

Fortify Restoration

Salt pile

Fortify Stamina

Garlic
Large antlers
Lavender

Fortify Two Handed

Fly amanita
Troll fat



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