

LITHIN'S MEDICINE CABINET



A collection of potions and poisons created for use in
the worlds greatest roleplaying game

POTIONS AND POISONS

Your players throughout their adventures will come across a number of potions, poisons, and other concoctions made from various ingredients they'll come across as they travel. The following is a series of rules as well as resources that expand on the already existing rules for potions and poisons within the *Player's*

Handbook and *Dungeon Masters Guide*. All rules, keywords, or otherwise that are not immediately referenced in this document are sourced from one of those two books, and will easily be found in one of either books index.

CRAFTING CONCOCTIONS

A creature proficient in Alchemist's Supplies or a Poisoner's Kit can spend an hour of intense focus and precise work to properly mix and prepare ingredients to create a concoction. Both potions and poisons are considered concoctions for the purpose of this rule. All concoctions have required recipes. Recipes are decided by your dungeon master as appropriate, though this document suggests a number of recipes for certain concoctions.

GATHERING INGREDIENTS

All across the land are plants and such that could easily be used or utilized to make incredible creations. Those trained in the art of herbalism are able to properly analyze and recognize these properties when inspecting a plant.

Depending on the rarity of the ingredient, each ingredient will have different DC's required for the nature or herbalism kit check required to identify the ingredients properties. This DC is 10 for common, 15 for uncommon, and 20 for rare.

It takes 1 hour of time to forage for ingredients. When foraging for herbs, attempt a DC 15 Nature or Herbalism Kit check. If you succeed, you will find different kinds and different amounts dependent on the area you are foraging in. This is usually up to the dungeon master, but there are supplementary tables below which can help in this process and making the decision. Keep in mind that even a successful check can lead to no results if the land bears no fruit.

If you would find a reagent of some kind, roll 1d6 + your Intelligence or Wisdom modifier, and receive that many of the reagent in question.

BARREN LAND

1d100	Materials Found
1-95	Nothing
96-99	Common
100	Uncommon

ARID LAND

1d100	Materials Found
0-80	Nothing
81-95	Common
96-99	Uncommon
100	Rare

SPARSELY VEGETATED LAND

1d100	Materials Found
0-50	Nothing
51-85	Common
86-97	Uncommon
98-100	Rare

DENSELY VEGETATED LAND

1d100	Materials Found
0-30	Nothing
31-75	Common
76-95	Uncommon
96-100	Rare

BOUNTIFUL LAND

1d100	Materials Found
0-15	Nothing
16-65	Common
66-90	Uncommon
91-100	Rare



INGREDIENT TYPES

There will always be different breeds of flora and fauna which all have different alchemical and poisonous properties. Below is a list of tables showing examples of different ingredients listed under the locations you would find them. When using the supplementary tables earlier to decide the abundance of plants that your players may find, you may also roll here to see which kind of reagent they manage to find.

ARCTIC INGREDIENT TABLES

1d6	Common Ingredient
1	Freeze Dried Sabretooth Paw
2	Fresh Water Lily
3	Frost Troll Berry
4	Ice Spider Venom
5	Pixie Lichen
6	Purified Water
1d4	Uncommon Ingredient
1	Arctic Cottongrass
2	Snow of the Lost Marsh
3	Timberwolf Skull
4	Ormyne Petals
1d2	Rare Ingredient
2	Frozen mammoth blood
1	Shard of Obsidian

COAST INGREDIENT TABLES

1d6	Common Ingredient
1	Beach Blossom
2	Dock Grass
3	Etherian Clam
4	Golden Fruit Coral
5	Huawai Apple
6	Seafoam Lily
1d4	Uncommon Ingredient
1	Coast Hound Fur
2	Blood of the Horseshoe Crab
3	Blue Lobster Claw
4	Sea Hag Skin
1d2	Rare Ingredient
1	Coast Anemone
2	Jellyfish Legs

DESERT INGREDIENT TABLES

1d6	Common Ingredient
1	Cactus Spikes
2	Rattlesnake Scales
3	Oasis Water
4	Scorpion Talon
5	Thaiyan Sand Grass
6	Thri-Kreen Mandibles
1d4	Uncommon Ingredient
1	Ankheg Acid
2	Palm Tree Leaves
3	Rust Carapace
4	Travellers Petal
1d2	Rare Ingredient
1	Purple Worm Hide
2	Scorpionshell Dew

FOREST INGREDIENT TABLES

1d6	Common Ingredient
1	Black Widow Berries
2	Green Dragon Fruit
3	Lichbane Apples
4	Mossbranch
5	Root of the Urchin
6	Wyrd Root
1d4	Uncommon Ingredient
1	Dryad Branch
2	Satyr Horn
3	Scourge of the Woodland Leaves
4	Wildfire Blossom
1d2	Rare Ingredient
1	Blue Lotus Petals
2	Leaves of a Treant

GRASSLAND INGREDIENT TABLES

1d6	Common Ingredient
1	Axebeak Beak
2	Belladonna Roots
3	Green Spike Roots
4	Lion Bulbs
5	Mazdarr Flowers
6	Purple Spike Roots
1d4	Uncommon Ingredient
1	Abjuran Onions
2	Nightweird Berries
3	Pelorian Sunflowers
4	Sachaddar Roots
1d2	Rare Ingredient
1	Fethzar Flowers
2	Roots of the Eldar



MOUNTAIN INGREDIENT TABLES

1d6	Common Ingredient
1	Alchemist Bush
2	Alpine Oak Seeds
3	Black Stone Rose
4	Misty Mountain Flower Petals
5	Northern Pine Bark
6	Red Bugbear Feathers
1d4	Uncommon Ingredient
1	Dragon Bat
2	Elemental Fragment
3	Magma Petals
4	Timberwolf Skull
1d2	Rare Ingredient
2	Frostbane Claw
1	Shard of Anthracite

SWAMP INGREDIENT TABLES

1d6	Common Ingredient
1	Aquitaine Fungus
2	Bullywug Tongue
3	Desecrated Marsh
4	Fiskaren Berries
5	Reptile Fang
6	White Headed Dragonspores
1d4	Uncommon Ingredient
1	Beholder Eye Berries
2	Black Toad Spores
3	Lizardfolk Tail
4	Nixter Berries
1d2	Rare Ingredient
1	Froghemoth Eye
2	Troll Foot

USING INGREDIENTS AS A DM

When creating recipes for your players it is important to have common ingredients create weaker concoctions, and rare create more powerful varieties. The following is a list of example recipes to use as a guideline.

EXAMPLE RECIPES

Concoction	Recipe
Potion of Healing	Seafoam Lily x2
Potion of Fire Resistance	Magma Petal x2, Dragon Bat x1
Myrden's Wrath*	Roots of the Eldar x1

*Myrden's Wrath is detailed further in this document.

EXPANDED CONCOCTIONS

The following is a list of new concoctions which have all relevant details included within their descriptions. All references to contact, ingests, inhaled, or injury refer to the rules on poisons in the *Dungeon Master's Guide*.

BAD TASTE

Uncommon Poison

Condition: Contact

Duration: 1 hour

Recipe: Black Toad Spores + Desecrated Marsh [x2]

A creature subjected to this poison must succeed a DC 13 Constitution saving throw or become poisoned and suffer disadvantage on Charisma saving throws for the remainder of the poison's duration.

BLINDING EYE

Uncommon Poison

Condition: Contact

Duration: 1 hour

Recipe: Ankheg Acid + Beholder Eye Berries + Scourge of the Woodland Leaves

A creature subjected to this poison must succeed a DC 13 Constitution saving throw or become poisoned and suffer disadvantage on Wisdom saving throws for the remainder of the poison's duration.

BLOOD OF JORDON

Rare Potion

Condition: Ingested

Duration: 1 hour

Recipe: Frozen Mammoth Blood [x2] + Roots of the Eldar

When you drink this potion your physical form is enhanced like that of great warriors before you for the duration. While this potion is active whenever you hit a creature with an unarmed strike or improvised weapon attack you deal an additional 1d6 points of damage.

BREE WINDRUMS VENOM

Uncommon Poison

Condition: Injury

Duration: Up to 4 hours

Recipe: Sea Hags Skin [x2] + Blood of the Horseshoe Crab

A creature hit by a weapon or ammunition coated with this poison must succeed a DC 13 Constitution saving throw or take 6d6 poison damage. If the creature fails the saving throw by 5 or more they are also poisoned for 1d4 hours. Once applied, the poison retains potency for 1 minute or until a creature is hit with the weapon.

COBRAS EYE

Uncommon Poison

Condition: Inhaled

Duration: 1 minute

Recipe: Traveller's Petal + Magma Petals + Abjurant Onions

A creature subjected to this poison must succeed a DC 13 Constitution saving throw or become poisoned for the duration. When a creature poisoned in this way starts its turn it takes 1d4 poison damage.

CURSE OF THE BLIGHTED MERCHANT

Rare Poison

Condition: Ingested

Duration: 1 week

Recipe: Froghemoth Eye + Troll Foot + Purple Worm Hide

A creature who ingests this poison must succeed a DC 15 Constitution saving throw or become poisoned for the duration. While this poison persists, the creature is unable to speak properly around merchants or vendors of any kind; it's actually the contrary. Whenever the poisoned creature speaks to a merchant or similar they are unable to go thirty seconds without saying something incredibly rude and disrespectful. It is not uncommon for this effect to cause merchants to raise their prices.

DEATH'S SLEEP

Rare Poison

Condition: Ingested

Duration: 24 hours

Recipe: Jellyfish Legs + Purple Worm Hide + Scorpionshell Dew

A creature who ingests this poison must succeed a DC 15 Constitution saving throw at the start of their turn 1d4 rounds after consuming the poison, or become poisoned for the duration. They also suffer an additional effect based on their size. Small sized or smaller creatures instantly die, Medium creatures fall into unconscious so long as they are poisoned, and Large sized or larger creatures fall unconscious for the duration of the poison or until they take damage or are shaken awake with an action.



DEATH'S VOMIT

Rare Poison

Condition: Inhaled

Duration: 1 round

Recipe: Fethzar Flowers + Leaves of a Treant + Shard of Obsidian

A creature subjected to this poison must succeed a DC 15 Constitution saving throw or provoke opportunity attacks from every creature within range who did not also fail this saving throw, and become poisoned for the duration.

DWARF'S PLAGUE

Uncommon or Rare Poison

Condition: Ingested

Duration: Up to 1 week

Uncommon Recipe: Dragon Bat + Timberwolf Skull + Ormyne Petals

Rare Recipe: Dragon Bat + Timberwolf Skull [x3] + Shard of Anthracite [x2]

A creature who ingests this poison must succeed a DC 13 Constitution saving throw or become poisoned for the duration or until they complete a long rest. So long as a creature is poisoned in this way they suffer a -2 to their Constitution score.

A rare version of this poison has an increased DC of 15 and instead reduces their Constitution score by 4.

FARMER'S BACK

Uncommon or Rare Poison

Condition: Ingested

Duration: Up to 1 week

Uncommon Recipe: Pelorian Sunflowers + Scourge of Woodland Leaves [x2]

Rare Recipe: Pelorian Sunflowers + Fethzar Flowers [x2]

A creature who ingests this poison must succeed a DC 13 Constitution saving throw or become poisoned for the duration or until they complete a long rest. So long as a creature is poisoned in this way they suffer a -2 to their Dexterity score.

A rare version of this poison has an increased DC of 15 and instead reduces their Dexterity score by 4.

FREEZING VEINS

Common Poison

Condition: Injury

Duration: 1 Minute

Recipe: Ice Spider Venom + Pixie Lichen

A creature hit by a weapon or ammunition coated with this poison must make a DC 10 Constitution saving throw or become poisoned for the duration. While poisoned in this way the effected creature is also restrained.

Once applied, the poison retains potency for 1 minute or until a creature is hit with the weapon.

JUICE OF THE LIBRARIAN

Uncommon Potion

Condition: Ingested

Duration: 12 hours

Recipe: Ice Spider Venom + Pixie Lichen

A creature who drinks this potion has their mind enhanced for the duration. Until the effects end the creature has a +5 bonus to any ability checks made when attempting to cast from spell scrolls or scribe spells into a spellbook.

KING OF FILTH

Uncommon or Rare Poison

Condition: Ingested

Duration: Up to 1 week

Uncommon Recipe: Lizardfolk Tail + Black Toad Spores [x2]

Rare Recipe: Lizardfolk Tail + Black Toad Spores [x2] + Froghemoth Eye [x2]

A creature who ingests this poison must succeed a DC 13 Constitution saving throw or become poisoned for the duration or until they complete a long rest. So long as a creature is poisoned in this way they suffer a -2 to their Charisma score.

A rare version of this poison has an increased DC of 15 and instead reduces their Charisma score by 4.

KINGSLY AWARENESS

Common Potion

Condition: Ingested

Duration: 1 hour

Recipe: Oasis Water + Fresh Water Lily

A creature who drinks this potion has their senses enhanced for the duration. Until the effects end the creature adds twice their proficiency bonus to Wisdom (perception) checks.



KNIGHTS WEAKNESS

Uncommon or Rare Poison

Condition: Ingested

Duration: Up to 1 week

Uncommon Recipe: Elemental Fragment [x2] + Lizardfolk Tails

Rare Recipe: Elemental Fragment [x2] + Shard of Anthracite [x2]

A creature who ingests this poison must succeed a DC 13 Constitution saving throw or become poisoned for the duration or until they complete a long rest. So long as a creature is poisoned in this way they suffer a -2 to their Strength score.

A rare version of this poison has an increased DC of 15 and instead reduces their Strength score by 4.

MEGELLON'S BREW

Rare Potion

Condition: Ingested

Duration: 1 hour

Recipe: Scorpionshell Dew + Frostbane Claw + Blue Lotus Petals

A creature who drinks this potion has their body enveloped in a glowing aura of righteousness. For the duration any undead that starts its turn within 10 feet of the effected creature must succeed a DC 15 Wisdom saving throw or be turned as per the *Turn Undead* cleric channel divinity.

MIRANDA'S BREAKDOWN

Rare Poison

Condition: Injury

Duration: 1 Minute

Recipe: Coast Anemone + Jellyfish Legs + Sea Hags Skin [x2]

A creature hit by a weapon or ammunition coated with this poison must make a DC 15 Constitution saving throw or become poisoned for the duration and fall prone into a fit of sobbing and tears. While poisoned in this way the effected creature is also incapacitated and their movement speed is reduced to 0. A creature can reattempt this saving throw whenever they take damage, removing the incapacitation and restoring their movement speed on a successful save. Once applied, the poison retains potency for 1 minute or until a creature is hit with the weapon.

MYRDEN'S WRATH

Rare Potion

Condition: Ingested

Duration: 1 minute

Recipe: Roots of the Eldar [x2] + Obsidian Shard [x1]

A creature who drinks this potion has arcane energy enhanced in a way that focuses their destructive power. When a creature under the effects of this potion casts an evocation spell they must roll 1d4 and have their spell augmented as shown below in the following chart.

MYRDEN'S WRATH SPELL CHANGES

1d4

Effect

1 The caster gains a +1 to hit with any spell attacks required for the spell, and a +1 to the DC of any of the spells saving throws.

2 All of the spells damage dice size increase by one dice category (1d4 to 1d6, 1d6 to 1d8, etc.)

3 The spell fails and the spell slot is lost.

4 The magical energy overwhelms you. You must succeed a DC 15 Constitution saving throw or become stunned until the end of your next turn.

OLD MAN'S STUMBLE

Uncommon Poison

Condition: Ingested

Duration: 24 hours

****Recipe:**** Ice Spider Venom + Freeze Dried Sabretooth Paw + Pixie Lichen

A creature who ingests this poison must succeed a DC 13 Constitution saving throw or become poisoned for the duration. In addition to this, a creature poisoned in this way misses the first attack it attempts after being poisoned. If the creature succeeded the saving throw, it instead makes the first attack afterwards with disadvantage.

POOR FORM

Uncommon Poison

Condition: Contact

Duration: 1 hour

Recipe: Lizardfolk Tail + Magma Petals + Abjurer Onions

A creature subjected to this poison must succeed a DC 13 Constitution saving throw or become poisoned and suffer disadvantage on Strength saving throws for the remainder of the poisons duration.

QUICK FEET

Rare Potion

Condition: Ingested

Duration: 1 minute

Recipe: Troll Foot [x3]

A creature who drinks this potion has its walking speed increased by 10 feet for the duration. In addition, the creature has the ability to take the dash action as a bonus action so long as the effects of the potion are active.

SLOW LEARNER

Uncommon Poison

Condition: Contact

Duration: 1 hour

Recipe: Satyr Horns + Arctic Cottongrass + Sea Hag Skin

A creature subjected to this poison must succeed a DC 13 Constitution saving throw or become poisoned and suffer disadvantage on Intelligence saving throws for the remainder of the poisons duration.

SOUL WEAKENING

Uncommon or Rare Poison

Condition: Ingested

Duration: Up to 1 week

Uncommon Recipe: Sachaddar Roots [x2] + Scourge of the Woodland Leaves

Rare Recipe: Sachaddar Roots [x2] + Scourge of the Woodland Leaves + Shard of Obsidian [x2]

A creature who ingests this poison must succeed a DC 13 Constitution saving throw or become poisoned for the duration or until they complete a long rest. So long as a creature is poisoned in this way they suffer a -2 to their Wisdom score.

A rare version of this poison has an increased DC of 15 and instead reduces their Wisdom score by 4.

SQUEAKY JOINTS

Uncommon Poison

Condition: Contact

Duration: 1 hour

Recipe: Coast Hound Fur + Rust Carapace + Travellers Petal

A creature subjected to this poison must succeed a DC 13 Constitution saving throw or become poisoned and suffer disadvantage on Dexterity saving throws for the remainder of the poisons duration.

BLIND ROBBER'S SMELL

Rare Poison

Condition: Ingested

Duration: 24 hours

Recipe: Rust Carapace [x2] + Blue Lotus Petal + Shard of Anthracite

A creature who ingests this poison must succeed a DC 15 Constitution saving throw or become poisoned for the duration. In addition to this, a creature poisoned in this way fails the first saving throw it attempts after being poisoned. If the creature succeeded the saving throw, it instead makes the first saving throw afterwards with disadvantage.

THUNDERCRACK GAS

Rare Poison

Condition: Inhaled

Duration: Up to 4 hours

Recipe: Shard of Anthracite + Shard of Obsidian + Froghearth Eye

A creature subjected to this poison must succeed a DC 15 Constitution saving throw or become poisoned for the duration. While poisoned in this way an effected creature is also deafened.

UPSET STOMACH

Uncommon Poison

Condition: Contact

Duration: 1 hour

Recipe: Nixter Berries + Nightweird Berries + Ankheg Acid

A creature subjected to this poison must succeed a DC 13 Constitution saving throw or become poisoned and suffer disadvantage on Constitution saving throws for the remainder of the poisons duration.

WEAK LEGS

Rare Poison

Condition: Inhaled

Duration: 1 minute

Recipe: Roots of the Eldar + Jellyfish Legs [x2]

A creature subjected to this poison must succeed a DC 13 Constitution saving throw or become poisoned for the duration. While poisoned in this way an effected creatures movement speed is reduced by 10.

ZOOK'S SAFEHAVEN

Rare Potion

Condition: Ingested

Duration: 1 hour

Recipe: Blue Lotus Petals [x2] + Purple Worm Hide

A creature who drinks this potion becomes shrouded in anti-magic for the duration or until this potions effects activate for the first time. When you are targeted with a spell or a spell is cast that effects you, you completely ignore the effects of the spell. Once this has happened once, this potions effects end.



CREDITS

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