Herblore guide

In this guide i will tell you how to train herblore, what the fastest and most efficient ways are to lvl up to 99 and eventually prestige the skill. Herblore is the art of cleaning herbs and making potions out of them. The higher your lvl, the stronger the potions are you can make. Herbs drop from a lot of monsters, usually the higher the lvl, the higher the lvl requirement herbs they will drop, and/or the quantities of the herb. You can use the drop table guide to search for what monsters drop which specific herb. Note that Sinister keys can be used on the crystal chest at home, which give a lot of herbs. The skill point shop at home also sells herb boxes, which contain a lot of herbs. These 2 are a good way to start out your herblore training.

To make a potion you will need 3 items. A clean herb, a vial filled with water, and a secundary item. The secundary item you need is tight specific to this herb/potion.

In osrs you need to complete a quest, which brings you to lvl 3 herblore, a requirement to make your first potion. We do not have this quest and the first potion can be made at lvl 1 instead of lvl 3 herblore.

Below shows a table which potions you can make at which lvl, and what items you require. You'll see that the higher you lvl, the better potions you can make. The easiest way to train herblore is to start after you've collected some herbs, make only a few low lvl potions and move on to the next one, since the xp drops are so big, sometimes you only need to make a few potions before you can move to the next one. A very efficient way to make the same potion at a higher lvl is to make a bank preset with all of the items you need for a full inventory of options and put it under the quick load button, so you can one click refresh your inventory.

Mysterious herbs are customly added. They are required to make overloads, which are at the bottom of the table. Mysterious herbs are sold by the boss points shop, but also drop from a few high lvl PVM activities.

Lvl	Potion	XP	Herb	Secundary ingredient	Notes

3	Attack potion	Attack potion	1100	Vial of water	Vial of water	Guam leaf	Guam leaf	Eye of newt	Eye of newt	Temporarily raises Attack level by 10% + 3.
5	Antipoison	Antipoison	1875	Vial of water	Vial of water	Marrentill	Marrentill	Unicorn horn dust	Unicorn horn dust	Cures poison and provides immunity for 90 seconds.
12	Strength potion	Strength potion	2500	Vial of water	Vial of water	Tarromin	Tarromin	Limpwurt root	Limpwurt root	Temporarily raises Strength level by 10% + 3.
22	Restore potion	Restore potion	3125	Vial of water	Vial of water	Harralander	Harralander	Red spiders' eggs	Red spiders' eggs	Restores combat-related stats back to normal by 30% of level plus 10. *Does not restore Hitpoints or Prayer points.*
26	Energy potion	Energy potion	3375	Vial of water	Vial of water	Harralander	Harralander	Chocolate dust	Chocolate dust	Restores 10% run energy.

30	Defence potion	Defence potion	3750	Vial of water	Vial of water	Ranarr weed	Ranarr weed	White berries	White berries	Temporarily raises Defence level by 10% + 3.
34	Agility potion	Agility potion	4000	Vial of water	Vial of water	Toadflax	Toadflax	Toad's legs	Toad's legs	Temporarily raises Agility level by 3.
36	Combat potion	Combat potion	4200	Vial of water	Vial of water	Harralander	Harralander	Goat horn dust	Goat horn dust	Effect of both Attack potion and Strength potion.
38	Prayer potion	Prayer potion	4375	Vial of water	Vial of water	Ranarr weed	Ranarr weed	Snape grass	Snape grass	Restores 25% of your total Prayer points plus 7.
45	Super attack	Super attack	5000	Vial of water	Vial of water	Irit leaf	Irit leaf	Eye of newt	Eye of newt	Temporarily increases Attack level by 15% plus 5.
48	Superantipoison	Superantipoison	5315	Vial of water	Vial of water	Irit leaf	Irit leaf	Unicorn horn dust	Unicorn horn dust	Cures poison and provides immunity for 6 minutes.
50	Fishing potion	Fishing potion	5625	Vial of water	Vial of water	Avantoe	Avantoe	Snape grass	Snape grass	Temporarily raises Fishing level by 3.

52	Super energy	Super energy	5875	Vial of water	Vial of water	Avantoe	Avantoe	Mort myre fungus	Mort myre fungus	Restores 20% run energy.
55	Super strength	Super strength	6250	Vial of water	Vial of water	Kwuarm	Kwuarm	Lumpwort	Lumpwort root	Temporarily raises Strength level by 15% + 5.
60	Weapon poison	Weapon poison	6875	Vial of water	Vial of water	Kwuarm	Kwuarm	Dragon scale dust	Dragon scale dust	For use on certain weapons. Poison starts at 4 damage for melee weapons and 2 damage for ranged weapons.
63	Super restore	Super restore	7125	Vial of water	Vial of water	Snapdragon	Snapdragon	Red spiders' eggs	Red spiders' eggs	Restores all stats (except hitpoints) by 25% + 8.
66	Super defence	Super defence	7500	Vial of water	Vial of water	Cadantine	Cadantine	White berries	White berries	Temporarily increases Defence level by 15% + 5.

69	Antifire potion	Antifire potion	7875	Vial of water	Vial of water	Lantadyme	Lantadyme	Dragon scale dust	Dragon scale dust	Provides some resistance to dragon breath. Can be used with an anti-dragonfire shield to completely prevent dragonfire damage. Each dose lasts about 6 minutes.

72	Ranging potion	Ranging potion	8125	Vial of water	Vial of water	Dwarf weed	Dwarf weed	Wine of zamorak	Wine of zamorak	Temporarily increases Ranged level by 10% + 4.

76	Magic potion	Magic potion	8625	Vial of water	Vial of water	Lantadyme	Lantadyme	Potato cactus	Potato cactus	Temporarily raises Magic level by 4.

78	Zamorak brew	Zamorak brew	8750	Vial of water	Vial of water	Torstol	Torstol	Jangerberries	Jangerberries	Boosts Strength by 12% + 2 and Attack by 20% + 2, but lowers Defence and remaining Hitpoints by 10% + 2.
81	Saradomin brew	Saradomin brew	9000	Vial of water	Vial of water	Toadflax	Toadflax	Crushed nest	Crushed nest	Boosts Defence and Hitpoints but lowers Attack, Strength, Magic, and Ranged.
84	Extended antifire	Extended antifire	5550	Antifire potion	Antifire potion	Lava scale shard	Lava scale shard	N/A		Provides some resistance to dragonbreath. Each dose lasts about 12 minutes.
87	Anti-venom	Anti-venom	8000	Antidote++	Antidote++	Zulrah's scales	Zulrah's scales	N/A		Instantly cures venom

90	Super combat potion(4)	Super combat potion	7500	Super attack Super strength Super defence	Super attack Super strength Super defence	Torstol	Torstol	N/A	Combines the properties of super attack, super strength, and super defence potions.
92	Super antifire potion(4)	Super antifire potion	6500	Antifire potion	Antifire potion	Crushed superior dragon bones	Crushed superior dragon bones	N/A	Grants complete immunity to dragonfire for three minutes.

94	Anti-venom+(4)	Anti-venom +	6250	Anti-venom	Anti-venom	Torstol	Torstol	N/A	Instantly cures venom and provides immunity to it for three minutes.

95	Image not found or type unknown	Overload d	1,1750	Super combat potion	Super combat potion	Image not found or type unknown	Mysterious herb	N/A	Boosts your attack, strength, defence, hitpoints, ranged and magic to 5 + 15% of your lvl for 5 minutes, at the cost of 50 hitpoints. After 5 minutes, your stats will start to deplete but you will get those 50 hitpoints back.
98	Extended super antifire	Extended super antifire	0,0,0,0	Super antifire potion	Super antifire potion	Image not found or type unknown	Dragon scale shard	N/A	Grants complete immunity to dragonfire for six minutes.

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