



101 POISONS AND THEIR EFFECTS

A LIST OF POISONS FOR USE BY BOTH PCS AND NPCs



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PLAYER'S EDITION



Oh no, you've been poisoned! Except, other than disadvantage on a few rolls, what does that mean for your character? If you're holding this book, it means quite a lot more than it did!

A quick reference guide for PLAYERS whose DMs have elected to include specific poisons as items in-world. Included are 101 poisons with various effects detailed, alongside information on how the poison is administered, how long its effects last, and the difficulty of the Constitution check required to avoid them in the first place.

Available separately is a DUNGEON MASTER'S version to this book, where the dice check information is more specific.



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Name	Type	Saving roll	Effects	Duration
A Glimpse of Time	Injury	Hard	You see a horrifying vision of your own death at the hands of the poisoner; you become paralysed for 1d4 rounds, then make another saving throw; if you fail you become frightened of the poisoner for the duration	1d4 rounds then 1 hour
Animal Charm	Inhaled	Easy	Charmed by one breed of animal (unknown at time) determined by the poisoner	2d6 days
Animal Terror	Inhaled	Easy	Frightened of one breed of animal (unknown at time) determined by the poisoner	2d6 days
Archer's Agony	Injury	Easy	It hurts to wield your weapon, and you must take 1d4 damage on each attack roll; if this brings HP to 0 you are rendered unconscious	1 hour
Archer's Bane	Injury	Medium	Your elbows and shoulders develop tremendous pain making all ranged weapons deal half damage	1 hour
Assassin's Agony	Contact	Easy	On a failed save take 1d12 poison damage and remain poisoned for the duration; on a pass take half damage only	24 hours
Auril's Bite	Injury	Easy	Ice spreads through your veins; make one saving throw at the beginning of each turn until you pass or fail three; three failures results in paralysis	1 hour
Azuth's Forgetting	Injury; Inhaled	Medium	You forget how to perform all magic except for cantrips	1 hour; 24 hours
Azuth's Weakness	Injury; Inhaled	Medium	You become more susceptible to attack from magic; temporarily lose resistance to magical damage, or develop vulnerability to magical damage	1 hour; 24 hours

Bandit's Bane	Inhaled	Easy	On inhalation roll 2d12 damage and remain poisoned for the duration	48 hours
Barbarian's Bane	Injury; Inhaled	Easy	You are physically weakened for the duration; -2 STR score and disadvantage on all STR saves	1 hour; 24 hours
Bark Skin	Injury	Easy	Roll saving throw on each turn for the duration; each failure is +1 effect, each pass -1. If the player reaches +3 effect, become petrified as wood, can be harmed only by fire damage (vulnerable); -1 ends the effects	1 hour
Basilisk Breath	Inhaled	Medium	You begin to petrify; make saving throws until you pass or fail three in total; if you fail three you are petrified for the duration	24 hours
Basilisk Tears	Injury	Hard	At the start of each turn make a saving throw; fail and take 2d8 poison damage and halve your movement speed for that turn; three failures in a row and become petrified	24 hours or until 3 passes in a row
Berserker's Agony	Injury	Easy	It hurts to wield your weapon, and you must take 1d4 damage on each attack roll; if this brings HP to 0 you are rendered unconscious	1 hour
Berserker's Rage	Inhaled	Medium	Instantly enraged with a blood lust that forces you to attack anything in your speed movement radius	Once berserker mode ends
Beshaba's Curse	Injury; Inhaled	Medium	Bad luck and misfortune hang around your neck like a collar made of lead. For the duration, all saving throws or checks have +3 applied, and if you roll 1, 2, or 3 on the d20 it is counted as a critical fail	1 hour; 24 hours
Blurred Vision	Inhaled	Medium	Your vision is reduced, and only clear up to five feet and blurred up to 10 feet; you are unable to see beyond 10 feet. You are unable to see in any light other than bright light. Automatically fail all checks based on sight	24 hours

Brightest Fright	Inhaled	Medium	Immediately become frightened of bright light in all its forms; if are in bright light when the effect occurs, become incapacitated for the duration or you are blinded	1 hour
Chauntea's Revenge	Injury	Hard	The poisoner is healed by half the amount of damage inflicted; the target is poisoned for the duration	1 hour
Cleric's Command	Injury; Inhaled	Medium	You become charmed to the poisoner even if they are not present, and can be commanded by them as per Geas spell	3d10 days
Confused Approach	Injury	Hard	Roll a saving throw on each attack in combat; on failure you inexplicably use a different weapon to the one you planned to; pass removes the poison	1 hour
Confusion	Injury; Inhaled	Easy	The poison assaults and twists your mind; this poison is equivalent to the Confusion spell	1 hour; 24 hours
Cyric's Outpouring	Inhaled; Contact	Easy	You must lie when asked any question by anybody on any topic	24 hours
Darkest Terror	Inhaled	Medium	Immediately become frightened of the dark, even if you can see in the dark; if you are in darkness when the effect occurs, become incapacitated for duration or until all in your vision radius is bright light	1 hour
Deadly Harm	Injury	Hard	Roll 4d12 and take that much damage, and temporarily lower your HP max by the same number. If this takes your HP to 0 you fall unconscious. Note your HP max cannot fall below 0	1 hour
Deepest Slumber	Injury	Hard	You fall into incurable unconsciousness for the duration	1 hour

Disassociated Mind	Injury	Medium	You become convinced that you are a pawn in some sick game, and that your actions are not your own will; the thought incapacitates you	1 hour
Dis-equilibrium	Injury	Medium	You become dizzy and fall prone; to stand up takes up an action and requires a new saving throw to be passed or remain prone. You must pass a saving throw at the start of your next turn if you end a turn standing to be cured	1 hour
Double Vision	Injury	Easy	Roll a saving throw on each attack in combat, as you can see two of everything; fail and you attack the wrong version	1 hour
Dragonborn's Gamble	Ingested	Hard	Made from the scales of dragonborn warriors, and grants the poisoned the strength of their race; passing the check grants +2 STR for the duration. A failed check penalises with -4 STR for the duration	24 hours
Dragon's Breath	Ingested	Hard	You belly becomes filled with the fire of a dragon's breath; each time you speak you breath a fire attack for 30 feet in front of you; if you remain silent for longer than one hour you take 1d12 fire damage	24 hours
Drow's Wrath	Injury	Hard	A sweet smell rises from the wound, and the liquid causes you to become poisoned for the duration; if the saving throw scores 13 or less you also fall unconscious for the duration unless awakened. Note that if you are awakened you are still poisoned for the duration	1 hour

Dulled Senses	Injury; Inhaled	Medium	Your mind empties of all but the most important functions; you are penalised with -2 applied to your AC and all WIS saves, limited to one action, and cannot use reactions. Poison requires two consecutive saves to be cured	until cured
Dwarf's Gamble	Ingested	Hard	Made from the sweat of dwarves, and grants the poisoned the constitution of a dwarf; passing the check grants +2 CON for the duration. A failed check incapacitates through stomach pain for the duration	24 hours
Elf's Gamble	Ingested	Hard	Made from the tears of elves, and grants the poisoned the abilities of vision of their race; passing the check grants vision as per Elf race for the duration; a failed check blinds for the duration	24 hours
Endless Agony	Injury	Hard	At the end of each turn for the duration make the saving throw; fail and take 2d8 necrotic damage, pass and take half. This damage cannot be healed by rest, potion, or magic whilst poisoned	1 hour
Endless Bleeding	Injury	Easy	The wound that causes the injury will not stop bleeding, and cannot be cured by any means until you are no longer poisoned; take 1d6 necrotic damage each round for the duration and if this brings you HP to 0 fall unconscious	1 hour
Endless Hunger	Ingested; Inhaled	Easy	For the duration you are beset by an endless, insatiable hunger. Every three days make a saving roll and on failure take +1 exhaustion that is not cured by rest. On any successful save the hunger can fulfilled and normal rules apply to exhaustion levels	18 days

Endless Worry	Inhaled	Hard	At daybreak for the duration make a saving throw; fail and you are frightened of all unknown living and undead creatures that day	1d6 days
Foot Rot	Ingested; Inhaled	Easy	Large painful boils and sores appear on the soles of your feet, making all terrain difficult terrain for the duration	24 hours
Friendship's Discord	Inhaled	Hard	Your clouded mind is bitter and angry; you are compelled to argue and bicker with those you call friends for the duration	1 minute
Gambler's Bane	Injury; Ingested	Medium	A dual action magical poison - fail the throw and every critical failure you throw has dire consequence to you and others around you; pass and every natural 20 earns greater than average reward	24 hours
Gambler's Folly	Ingested; Inhaled	Easy	For the duration you are compelled to gamble on anything you think possible, and are persistent in your attempts to the annoyance of all you meet; -2 CHA for the duration	2d12 days
Gnome's Gamble	Ingested	Hard	Made from the spit of gnomes, and grants the poisoned the intelligence of their race; passing the check grants +2 INT for the duration. A failed check penalises with -4 INT for the duration	24 hours
Goblin Blood	Injury	Hard	You are compelled to use disengage as your second action, and end your turn in combat here; if you only have one action you use disengage as a temporary bonus action	1 hour
Halfling's Gamble	Ingested	Hard	Made from the hair of a halfling, and grants the poisoned the dexterity of their race; passing the check grants +2 DEX for the duration. A failed check paralyses through muscle pain	24 hours

Hideous Visage	Inhaled; Contact	Medium	You see a terrifying vision that turns one of your allies into a monster determined by the poisoner; you are compelled to attack it for the duration	1 minute
Kelemvor's Debt	Ingested	Hard	Note that you must pass the saving throw to achieve the following results; a failed check results only in your being poisoned for the duration. Your mind overcomes all damage rendered to your body until the end of the duration; a second save must be made at this time and a failed save deals all the accumulated damage at once as necrotic damage; a passed save deals half damage. If this damage takes your HP to 0 you die. Note that healing potions can still be used to remove damage from the total debt for the duration	24 hours
Kelemvor's Grip	Ingested	Easy	A strange feeling in your stomach causes a cramp, before developing into an endless agony. On a failed save take 12d6 poison damage, or if the saving throw scores 6 or less 12d10 poison damage; if this brings your HP to 0 you die. A pass takes no damage, but you are poisoned for the duration	24 hours
Kelemvor's Pull	Injury	Hard	Make a saving throw on each turn for the duration; fail take 2d6 necrotic damage, pass take half. If this takes your HP to 0 you die	1 hour
Light Harm	Injury; Inhaled	Easy	Roll 1d6 and take that much damage, and temporarily lower your HP max by the same number	1 hour; 24 hours
Liquid Agony	Injury	Easy	The pain from the wound inflicted doubles. On a failed save take the same damage again as from the attack that poisoned you	Single effect

Liquid Sleep	Injury	Easy	Instantly slip into unconsciousness	8 hours unless awakened
Loviatar's Tears	Injury	Hard	A vile smell emits from the wound inflicted as the poison burns into your blood. Take 8d8 necrotic damage in the first instance, then roll 1d8 necrotic damage at the start of each turn for the duration; if this damage takes your HP to 0 you die	1 hour
Mage's Agony	injury	Easy	It hurts to wield your wand, and you must take 1d4 damage on each magic attack roll; if this brings HP to 0 you are rendered unconscious	1 hour
Mage's Bane	Injury	Medium	Your mind becomes muddled and all magic attacks deal half damage	1 hour
Medium Harm	Injury; Inhaled	Medium	Roll 2d8 and take that much damage, and temporarily lower your HP max by the same number. If this takes your HP to 0 you fall unconscious. Note your HP max cannot fall below 0	1 hour; 24 hours
Most Harm	Injury	Medium	Roll 3d10 and take that much damage, and temporarily lower your HP max by the same number. If this takes your HP to 0 you fall unconscious. Note your HP max cannot fall below 0	1 hour; 24 hours
Mystra's Muddle	Injury	Medium	Make a saving throw each time you use magic to attack; fail and roll DC15 WIS, fail and must use a different spell than the one you wanted to	1 hour
Oghma's Bane	Inhaled	Easy	Your mind becomes confused and you easily get bewildered. -4 on all checks based on WIS skills	1 hour

Oghma's Blindness	Injury; Inhaled	Medium	Your mind is at war with itself. At the start of each turn after the failed save, roll DC15 INT; on failure go insane for that turn. An insane creature can't take actions, can't understand what other creatures say, can't read, and speaks only in gibberish. The DM controls its movement, which is erratic	1 hour; 24 hours
Oghma's Gift	Ingested	Medium	Your mind becomes receptive to all knowledge. +4 on all checks based on WIS skills	24 hours
Oghma's Outpouring	Inhaled; Ingested	Hard	You must tell the truth when asked any question by anybody on any topic	1 hour
Paladin's Law	Inhaled; Ingested	Hard	For the duration, temporarily change your alignment to lawful good and make all in-game decisions entirely true to this; if you are already lawful good this poison has no effect on you	2d8 days
Rendered Senseless	Injury	Easy	You are rendered blinded and deafened for the duration	1 hour
Rotting Gut	Ingested; Injury	Medium	At midnight for the durations make a saving throw; fail and take 1d6 necrotic damage that is not healed by rest. If this poison takes your HP to 0 you die	1d6 days
Silvanus' Armour	Ingested	Medium	Your skin thickens as if it were made of old tree bark. You AC cannot be less than 16 for the duration, even if you are not armoured; when the poison wears off the effect is painful; roll 1d6 necrotic damage	24 hours
Silvanus' Revenge	Inhaled; Contact	Easy	You become frightened of trees for the duration	24 hours
Slightest Fright	Inhaled	Medium	Immediately become frightened by any noise louder than a whisper	1 hour

Stone Skin	Injury	Easy	Roll saving throw on each turn for the duration; each failure is +1 effect, each pass -1. If the player reaches +3 effect, become petrified as stone; -1 ends the effects	1 hour
Stunned Silence	Injury	Easy	The wound that causes the injury leaves you stunned, and you remain stunned for the duration	1 hour
Subjective Submission	Ingested; Injury	Hard	You become charmed to the poisoner even if they are not present, and can be commanded by them as per Dominate Person spell	24 hours; 1 hour
Swordsman's Bane	Injury	Medium	Your hands and wrists swell making attacks with all melee weapons deal half damage	1 hour
Transmutation	Ingested; Inhaled	Easy	You turn into the creature determined by the poisoner; equivalent to the Polymorph spell minus wisdom save	24 hours
Tymora's Blessing	Ingested	Medium	Good luck follows you wherever you are. For the duration, all saving throws or checks have -3 applied, and if you roll 18, 19, or 20 on the d20 it is counted as a critical success	24 hours
Uncertain Agony	Injury	Medium	Make a saving throw at the start of each round for 2d6 rounds; on a failed save take 1d4 poison damage. Any passed save ends the damage but you remain poisoned for the duration	1 hour
Uncertain Charm	Injury	Medium	Make a saving throw at the start of each round for 2d6 rounds; on a failed save you are charmed by the poisoner. Any passed save ends the condition but you remain poisoned for the duration	1 hour

Uncertain Confusion	Injury; Inhaled	Easy	The poison assaults and twists your mind; this poison is equivalent to the Confusion spell and lasts for either 2d6 rounds if administered through injury, or 2d12 hours if inhaled	2d6 rounds; 2d12 days
Uncertain Fright	Injury	Medium	Make a saving throw at the start of each round for 2d6 rounds; on a failed save you are frightened of the poisoner. Any passed save ends the condition but you remain poisoned for the duration	1 hour
Uncertain Sleep	Ingested	Easy	Instantly fall unconscious for 4d12 hours	4d12 hours
Vampire Blood	Ingested	Medium	On failed save take 3d6 necrotic damage; on a pass restore 3d6 HP up to your maximum	Single effect
Vicious Agony	Injury; Ingested	Medium	Roll a saving throw each round for the duration; fail and take 3d8 necrotic damage that cannot be healed with magic, potion, or rest; pass take half. If this damage takes HP to 0 you die	1 hour; 24 hours
Vicious Bandit's Bane	Inhaled	Medium	On inhalation roll 6d6 damage and remain poisoned for the duration	48 hours
Vicious Confusion	Injury; Inhaled	Medium	The poison assaults and twists your mind; this poison is equivalent to the Confusion spell replacing 2-6 with 2d8 psychic damage	1 hour; 24 hours
Vicious Cyric's Outpouring	Inhaled; Contact	Medium	You must lie when asked any question by anybody on any topic; any attempt to tell the truth results in 2d12 psychic damage	24 hours
Vicious Harm	Injury	Medium	Roll 1d6 and take that much damage, and temporarily lower your HP max by the same number; for the duration roll 1d4 at the start of each turn and repeat the process. If this damage take your HP to 0 you die; your max HP cannot go lower than 1 at any time whilst poisoned	1 hour

Vicious Liquid Agony	Injury	Medium	The pain from the wound inflicted increases. On a failed save take the twice the damage again as from the attack that poisoned you	Single effect
Vicious Oghma's Outpouring	Inhaled; Ingested	Hard	You must tell the truth when asked any question by anybody on any topic; any attempt to tell a lie results in 2d12 psychic damage	1 hour
Vicious Rotting Gut	Ingested; Injury	Medium	At midnight for the durations make a saving throw; fail and take 3d8 necrotic damage that is not healed by rest. If this poison takes your HP to 0 you die	2d6 days
Vile Agony	Injury	Medium	The wound sears as if it is on fire. On initial failed save take 8d8 necrotic damage, then remain poisoned for the duration	1 hour
Vile Bandit's Bane	Inhaled	Hard	On inhalation roll 4d8 damage and remain poisoned for the duration; due to the swelling of the face, -2 CHA for the duration	48 hours
Vile Blindness	Inhaled	Medium	Bleeding from the eyes causing blindness	24 hours
Vile Deafness	Inhaled	Medium	Bleeding from the ears causing deafness	24 hours
Vile Deformity	Inhaled	Easy	Causes your joints and face to swell up making it difficult to complete tasks, and hideous to look at; -1 CHA for duration	24 hours
Vile Liquid Agony	Injury	Medium	The pain from the wound inflicted doubles. On a failed save take the same damage again as from the attack that poisoned you, and take -2 CHA for the duration as the wound is open and rank	24 hours
Waking Mind	Ingested; Injury	Medium	At midnight for the duration make a saving throw; fail and you are unable to complete any rest and suffer from +1 exhaustion	1d6 days
Warrior's Courage	Ingested	Hard	Your mind is strengthened against all terror and you are unable to become frightened for the duration	1d6 days

Warrior's Pity	Injury	Medium	You instantly become frightened and drop the weapon you are using and disengage from combat. When the effects end, you are found hiding in a corner	1 hour
Weakened Vampire Blood	Ingested	Medium	On failed save take 2d8 necrotic damage; on a pass restore 2d8 HP up to your maximum	Single effect
Wicked Sin	Inhaled; Ingested	Hard	For the duration, temporarily change your alignment to chaotic neutral and make all in-game decisions entirely true to this; if you are already chaotic neutral this poison has no effect on you	2d8 days