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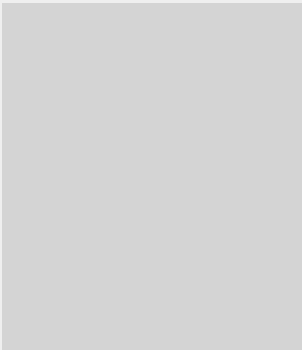
in: [Warframe Abilities](#), [Grendel](#), [Viral Damage](#), [High Scalability](#)

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Nourish

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Nourish
Regenerate health as Grendel absorbs nourishment from enemies in his gut. While he digests, enemies that attack or are attacked by Grendel suffer Viral Damage and energy sources provide more energy. These buffs extend to squad mates.

Introduced in [Update 26.0](#) (2019-10-31)

Strength:
20% (damage on digestion)
600 / 700 / 800 / 1000 (self heal on cast)
1.5 / 1.65 / 1.8 / 2 x (energy multiplier)
100 / 150 / 200 / 250 (Viral damage on hit)
+40% / +50% / +60% / +75% (Viral damage buff)

Duration:
10 / 15 / 20 / 25 s (buff duration)

Range:
10 / 15 / 20 / 25 m (buff radius)
12 m (splash radius)

Misc:
10 (Viral status stacks)
2 s (explosion cooldown)



















Subsumable to Helminth

[Info](#) [Augment](#)



WARFRAME Wiki



- Grendel expends  **50 energy** to damage to the first digested victim equal to  **20%** of their total shield and health points, heal  **600 / 700 / 800 / 1000 Health**, and receive a buff that affects all allies within  **10 / 15 / 20 / 25** meters for  **10 / 15 / 20 / 25** seconds. This buff has three separate effects:
 - All **energy sources** provide  **1.5x / 1.65x / 1.8x / 2.0x** more energy.
 - Taking damage causes an explosion with a  **12** meter radius that deals  **100 / 150 / 200 / 250 Viral** damage with **10**  **Viral** stacks and  **Stagger** to enemies within line of sight. This explosion has a **2** seconds cooldown.
 - Adds  **+40% / +50% / +60% / +75%**  **Viral** damage to all weapons.
- Retaliation waves damage and break destructible **Objects** such as crates and resource caches.
- Ability Synergy:** Nourish requires at least **1** enemy swallowed by  **Feast** to be alive in Grendel's gut to cast.
- Can be recast while active, inflicting damage to the eaten enemy, healing Grendel, buffing new allies in range, and refreshing the buff's duration.
- Subsuming Grendel to the **Helminth** will offer Nourish and its augments to be used by other Warframes.
 - Other Warframes are omitted from the swallowed enemy requirement, due to their inability to cast  **Feast**.
 - However, Subsumed Nourish does not provide healing, the explosion only applies **1**  **Viral** stack, the energy multiplier is reduced to  **1.3 / 1.39 / 1.48 / 1.6x**, and  **Viral** weapon bonus damage is reduced to  **+24% / +30% / +36% / +45%**.



See Also

-  [Grendel](#)

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56 comments

[A Fandom user](#) • 1d

Recasting the ability does not update its power strength.



Write a reply

[A Fandom user](#) • 7/5/2024

Does anyone know if the viral explosion procs on hits taken during invincibility periods (e.g. Hysteria, Landslide while attacking, Absorb, etc)? You wouldn't think so, but arcane avenger and adaptation both count these hits so who knows.



Write a reply

[A Fandom user](#) • 6/27/2024

Not sure if i should use Nourish or Shotting Gallery as an additional damage boost on my Rhino. On my current build, Nourish would give me +130% viral damage whilst Shooting Gallery would give +73% weapon damage. I'd say if the viral/slash weighting on my weapons is already fine, Shooting Gallery is overall stronger, is this correct?

[Nepeta-EN-](#) • 6/27/2024

Xata's whisper

[A Fandom user](#) • 6/27/2024

If you're using e.g. Arcane Merciless and Serration, you'll have 625% weapon damage. A further 73% from Shooting Gallery would be $698/625 = 1.1168x$ damage. Not very noticeable.

If you're using three 90% elemental mods, you'll have 270% elemental damage. A further 130% from Nourish would be $400/270 = 1.481x$ damage. Much more noticeable than Shooting Gallery, and if you have less elemental mods on your weapon then the effect will be greater.



[A Fandom user](#) • 7/3/2024

I dont think you have a clue about how to calculate it. However was needless to ask here since i could've calculated it myself right away. Did it on a naked Acceltra Prime with 2 60/60 mods equipped to make viral. Outcome: Shooting Gallery 73% boosts total weapon damage to 465 damage, whereas 130% extra viral from Nourish only gives 364 of total damage. So Shooting Gallery wins.

TLDR if you're using a weapon that already has acceptable base damage and/or multiple innate elements (such as Acceltra having impact, puncture, and slash, plus the additional viral from mods in this case) then Shooting Gallery is overall stronger.



[A Fandom user](#) • 5h

bro you just confirmed what the guy above you said. shooting gallery is additive to base damage increasers (serration, hornet strike) so of course if you have any weapon with only the 60/60 mods on, a base damage increase will give more damage, because elemental damage increasers are multiplicative to base damage increasers. its you that doesnt have a clue to how its calculated.



Write a reply



[A Fandom user](#) • 2/24/2024

It's official a nerf to the helminth version is coming

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[A Fandom user](#) • 4/3/2024



Because players have to have a chance to play the game and not have meta-gamers become the norm, turning everything into competition to wipe everything in few seconds before everyone else can get there.



[A Fandom user](#) • 4/4/2024

Yeah well, nourish really isn't the go to for speedrunning/wiping fast so that "problem" will still be there..



[A Fandom user](#) • 4/10/2024

Bro has never heard of power creep



[A Fandom user](#) • 5/3/2024

Still great after the nerf. nothing really changed.



Write a reply



[A Fandom user](#) • 1/19/2024

Removing self heal with Helminth is unfortunate



[A Fandom user](#) • 2/4/2024

Not really. its already the most broken helminth in the game. they could also remove the viral retaliation or energy multiplier and it would still be insanely strong.



[A Fandom user](#) • 2/24/2024

So Nourish does not self-heal but does it still heal allies?



[A Fandom user](#) • 2/24/2024





A Fandom user • 5/1/2024

Just take arcane reconstruct, to heal yourself xD



Write a reply



A Fandom user • 1/10/2024

Damage to Rhino's Iron skin doesn't trigger Nourish explosion, in case someone was curious.



A Fandom user • 4/2/2024

Damn...



A Fandom user • 4/4/2024

That's fucking stupid.. Literally why the fuck won't it proc..? Jesus, DE...



A Fandom user • 4/4/2024

Probably because nourish is a helminth ability and iron skin is now overguard, but used to be complete damage immunity and it just hasn't been updated. I wonder if it procs on overguard in general, then its not just a rhino thing, but they nerfed that into the ground now anyway since it only gives 1 stack.



Write a reply



A Fandom user • 1/9/2024

Istg if this get nerfed please let us keep the viral damage buff as it breathes tons of new life onto old weapons on today's meta without actually costing us thousands of plat for rivens



I too, will be praying alongside you, fellow Tenno...



Write a reply



[PhenonOfficial](#) • 12/17/2023

Did a quick test just in case, the new **Energy Nexus** mod is also affected by Nourish as expected.



[A Fandom user](#) • 1/10/2024

And 25 secs of +6 energy/sec is just 150 energy. you get nourish cost refunded and +100 energy, excelent.



[A Fandom user](#) • 1/23/2024

+10 energy regen on valkyr is gonna go crazy, its infinite hysteria



[A Fandom user](#) • 1/24/2024

Nope, you can't regenerate energy while hysteria is active with the help of energy nexus,
Since hysteria is a CHanneled power.
For that, you will need dispensary, equilibrium, and ideally arcane energize.



[A Fandom user](#) • 5/22/2024

Skip dispensary, equilibrium + synth decon pet (diriga for priming since melee) + energize is already a LOT



Write a reply



[A Fandom user](#) • 11/28/2023

I have been testing things like Molt Vigor, Energy Conversion, etc. and it seems they only apply when the duration expires, meaning that while the buff is active



good thing if you apply those buffs before casting it and then can keep them going with refreshes, and a bad thing if you didn't then have to wait for the duration to expire as a result before being able to give it the maximum benefit

I have found that having minimum duration (slot Transient Fortitude, bam) helps with the above issue but it can still feel bad / clunky / etc. that way at times



[A Fandom user](#) • 1/20/2024

This issue is called snapshotting. Its a mechanic found in many games. Any buff that has a duration (like roar or eclipse for example) snapshot your caster stats at moment of cast. Anything with a duration pretty much.

Really good when it comes to channeling skills and void relic buff that doubles your current strength and range.



Write a reply



[A Fandom user](#) • 10/5/2023

Do conditional affects like condition overload and gundition overload mods aply their damage increase to nourish increased weapon damage?



[A Fandom user](#) • 10/5/2023

Yes. Nourish works like just elemental mods on your weapon.



Write a reply



[A Fandom user](#) • 10/2/2023

WHY DID THE ABSOLUTE SHITMUNCHERS FOR WIKI STAFF TAKE AWAY MAXIMIZATION PAGES HERE?!?!?! OVERFRAME BARELY FUCKING EVER UPDATES THEIR BUILD PAGES, THERE ARE STILL ARCANES THAT SAY "GRANTS '?' <STATNAME HERE>" AND THEY NEVER SHOW NUMBERS EVEN WHEN YOU CLICK "APPLY CONDITIONALS" WHY WHY WHY WHY WHY WHY WHY????????????



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**Marcfyre** • 11/8/2023

They explain why - they were prone to breaking, not well-maintained, and, upon surveying, used by a surprisingly small number of users. I lament their absence too, but calm down.

**A Fandom user** • 11/22/2023

Feel free to step in to maintain them.

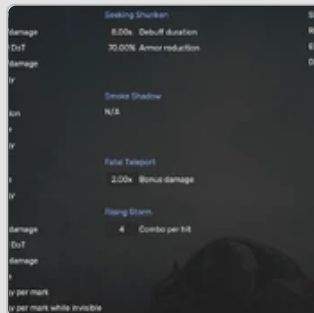
**UnidentifiedBody** • 12/22/2023

I didn't even know there were build pages - perhaps the issue was a lack of visibility.

**Cephalon Scientia** • 12/22/2023

Context:

https://warframe.fandom.com/wiki/User_blog:Cephalon_Scientia/Sunsetting_of_Maximization_Calculators



Sunsetting of Maximization Calculators

WARFRAME WIKI



Write a reply

**Metal Sign** • 9/3/2023

Looking forward to Grendel prime making this power eligible for Circuit.
Buff looks insanely good for Titania.

- Multiplied damage output for guns due to proc



Hoping once it becomes less of an annoyance to get, it doesn't eat the Nova Special: "there were more people using Nova's power than people using Nova, so we nerfed the power."



[A Fandom user](#) • 9/5/2023

I think at this point in time they wouldn't do that
Much like with Wisp's breach surge
It seems to be at a good place without giving absolutely ridiculous amounts of damage



[A Fandom user](#) • 10/2/2023

There are current 40 frames that have a prime and "would therefore be eligible for Circuit", yet they have not extended the available normal frame selection past 33 available frames, there is absolutely no reason to think they will start adding more frames / weeks to the rotation with the next patch.



[Metal Sign](#) • 10/2/2023

I actually never noticed.
I already waited this long though, so I don't mind waiting a bit longer for them to update the rotations.



Write a reply



[A Fandom user](#) • 8/25/2023

Is the 2 second explosion cooldown per-player, per-caster, or per-squad? e.g. If I cast Nourish on four people, do we each get our own 2s cooldown and can proc explosions separately?



[A Fandom user](#) • 8/29/2023

Individual to each buff instance, surely.



Write a reply





A Fandom user • 8/23/2023

With negative strength, the energy multiplier would reduce the amount of energy I got from energy orb or just add a small energy bonus on top of the base 25?



A Fandom user • 8/26/2023

Small energy bonus. It takes whatever you gained and adds your % strength to it. So if you would have gained 50 energy and only have 10% strength, you get 55 energy.

It's not possible to go below (or even reach) 0% strength and have it be actually negative



A Fandom user • 9/4/2023

I see, thank you. The wiki is incorrect then by stating energy multiplier and not energy bonus (except for the Info tab which is correct)



A Fandom user • 9/16/2023

Well, it is an energy multiplier it's just that it starts at 2X at 100% strength and goes down to 1X at 0% Strength.



Write a reply



A Fandom user • 8/16/2023

I helminthed Titania's 2 (Tribute) off for this, several reasons why:

1. Only needs one ability cast and doesn't require you to pick up four different things which have inconsistent / buggy / etc. positioning
2. The viral bonus, energy multiplier, AoE stagger on enemies when hit (and the fact that it also applies the buff to your Razorflies) makes this objectively better than all four of the buffs from Tribute put together
3. Lantern is great CC and utility by itself, then you have the augment for it, Tribute meanwhile STILL has no augment





[A Fandom user](#) • 10/4/2023

Idiot above. There, I said it.

On a less harsh note: you could have 10 Razorflies with Nourish instead, along with 75% increased damage, all reflecting 50% of the damage they take, and enemies slowed by 25%...

My suggestion: Rolling Guard + Unairu's Poise makes Spellbind completely redundant; helminth THAT off instead. Rolling Guard also saves your ass from ALL toxin damage, not just status effect, while Spellbind on the other hand won't.

If you'd actually miss the energy gain from Spellbound Harvest (terrible augment btw) then Emergence Dissipate does that better.



[A Fandom user](#) • 10/4/2023

Along with increasing their* damage by 75%... reminder that Full Moon only applies to companions and razorflies



Write a reply



[A Fandom user](#) • 8/16/2023

Works with squad energy restores so that's less polymer bundles I have to farm now, pretty much an S-tier helminth subsume



Write a reply



[A Fandom user](#) • 8/15/2023

What counts as an ally for the ability? Only warframes and companions? Or do defence objectives and eidolon lures also stagger enemies and apply viral procs when attacked?



Player-related weaponry gains +%V-dmg. Warframes (not capsules or lures or whatever is not a part of your gear set, spectres - questionable, need testing, presumably - nope, only grendel spectre buffs itself and allies) About companions - i'm not sure, haven't seen it to work so probably not, someone may correct me if i'm wrong. (with a video example if possible)



Write a reply



[A Fandom user](#) • 8/1/2023

Self damage from Combat Discipline will proc this. This could benefit a lot of caster nuke frames to apply viral to large aoe.



[A Fandom user](#) • 8/9/2023

Tested with Styanax and Intrepid augment, overguard prevents this from procing. Big sad.



[A Fandom user](#) • 10/5/2023

Whoah, thanks, that's a fun idea to try



Write a reply



[A Fandom user](#) • 6/17/2023

Am I the only one who thinks the baseline bonus to viral damage should have been 50% or lower INSTEAD of 75%? It fucks with status weighting unless you purposely gimp your ability strength

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[A Fandom user](#) • 7/13/2023

I actually agree with this in terms of co-op.





[A Fandom user](#) • 9/21/2023

I would suggest a different solution. I think all the "elemental damage" abilities should work like Xata's Whisper and Toxic Lash, where you get an extra hit. That way your status weighting would be completely unaffected, and you also wouldn't be able to combine the buff to create new elements (which some might see as a nerf, but it makes the ability more predictable and more thematic). For example, Shock Trooper should just create an extra Electricity hit, and not affect your original hit at all.



[A Fandom user](#) • 10/5/2023

A "second hit" guy said total truth about it. That is the way it would work properly and not spoil whatever you built into



[A Fandom user](#) • 12/7/2023

If you just want the reliable AoE viral procs you can go base/negative strength with combat discipline, though usually when i go with nourish i just want the energy economy and am pairing it with some kind of forced bleeds like hunter munitions/hemorrhage/seeking talons etc, or am using armor strips so the raw viral is actually a strong direct damage boost, so status weighting isn't much of an issue in those cases.

Otherwise yeah nourish can be annoying with that :u



Write a reply



[Kvenom](#) • 6/5/2023

Tested with Exalted weapons:

Mesa's Regulators - Bonus Viral Damage is added

Exalted Blade - Bonus Viral Damage is added

Tested with Companions:

Deth Cube - Bonus Viral Damage is added to Sentinel's Weapon

Smeeta Kavat - Bonus Viral Damage is added to attacks

All of the above had no mods that would result in Viral Damage equipped on them.



Nourish should apply to pretty much every ally and/or ability that's considered an weapon attack. Infact, it functions similarly to Theorum Demulcutent before it was patched, so here's a link to a old page of that has a charge of notable abilities. probably abit outdated but most of them should still work.

https://warframe.fandom.com/wiki/Theorem_Demulcent?oldid=2233358



Theorem Demulcent

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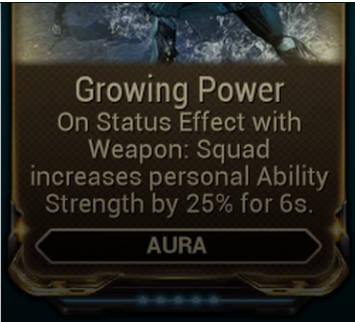




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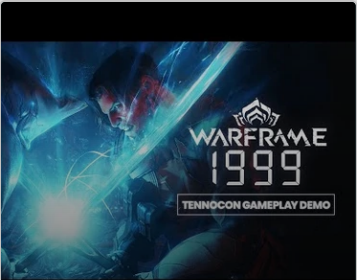
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