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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





















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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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Add a comment about Nourish

61 comments[Nahd Siuol](#) • 10/26/2024

Bonkers, it just works.



Write a reply

[A Fandom user](#) • 9/30/2024

In case anyone is wondering, the strength to energy multiplier calculation is as follows:

 $1 + 0.6 * \text{strength}$ So at base: $1 + 0.6 * 100\% = 1.6x$ At 243% strength: $1 + 0.6 * 243\% = 2.458x$ [A Fandom user](#) • 9/30/2024

Forgot to put that those calculations are for the subsumed version.

For the base version, it's: $1 + 1 * \text{strength}$ 

Write a reply

[A Fandom user](#) • 9/26/2024

How is the ability's damage added to weapons?



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way?



Separated instance like Xata's Whisper.



Write a reply



A Fandom user • 9/26/2024

How is the ability's damage added to weapons?

As a mod, or as a separate interval? Or some other way?



A Fandom user • 10/2/2024

Pretty sure it's like a mod. So yes, it will dilute the status proc



A Fandom user • 10/6/2024

We can't know that for sure. Saryn's toxic lash applies its own element proc and damage after any weapons themselves, meaning that ability doesn't change the proc distribution of the weapon. It's a separate instance.



A Fandom user • 10/22/2024

In case of nourish, its a mod, in case of toxic lash/xata whisper, its instance.



SamCantShoot • 11/20/2024

It's like a modded damage type. It will also take from modded status chance, so make sure you either want Viral procs in your build, or the statuses applied are negligible.



Write a reply



TrapperCZE • 9/23/2024



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ulti is calculated for something like that, i don't



It is a little bit unintuitive listing and showing values that are not the values used in the simple calculation (instead of saying 50% more energy, which would be simply $50\% \times \text{power strength}$)

(Edited by TrapperCZE)



A Fandom user • 9/26/2024

You have single-handedly answered my question on why my math wasn't adding up. Sincere thanks for showing the actual formula



Write a reply



A Fandom user • 9/18/2024

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



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nage. I'd say if the viral/slash gallery is overall stronger, is





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 • 9/19/2024

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



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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.



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A Fandom user • 2/24/2024

^ No



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



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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



A Fandom user • 4/4/2024

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



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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 and refreshed it will keep the strength it had when it was first cast... this is both a 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.



A Fandom user • 10/25/2024

No. Snapshotting is when it takes your current stats and keeps it for the duration of the buff. Most things do that in Warframe. What he's pointing out is that it keeps the stats it had when you first cast it if you refresh it before it runs out, regardless if your stats have changed or not. That means you need to let it run out in order for something like Molt Augmented stacks to apply on the next cast.



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?



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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 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

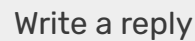
Context:

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



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WARFRAME WIKI 

- Multiplied damage output for guns due to proc
- Multiplied damage output for guns due to elemental damage
- Multiplied energy gain from Spellbound Harvest.

A Fandom user • 9/5/2023

A Fandom user • 10/2/2023

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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



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ting energy multiplier and not 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 Spellind 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.



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minder that Full Moon only





Write a reply

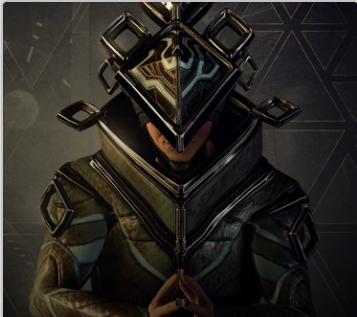
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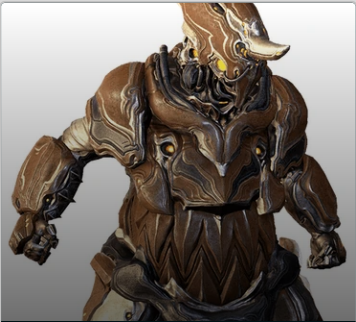
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WE WANT TO HEAR FROM YOU!