

Intelligence Division • Case File

HERBLORE MASTERY

A Field Guide to Efficient 1-99 Training - Potion-Making Protocol



SUBJECT	Herblore (1-99)	SCOPE	Fully members-only skill - no Free-to-Play training path exists. Live game version, 2026.
ENTRY POINT	Level 1 Herblore	TARGET	Level 99 Herblore

Briefing. Herblore is heavily GP-gated - expect to spend tens of millions of GP across a full 1-99. It is also **entirely members-locked**: Free-to-Play accounts cannot raise Herblore above level 1 at all. Per-potion xp/hr in this skill is very high across the board (often 150,000-350,000+ xp/hr), but the OSRS xp curve is exponential - the final Stamina Potion stretch (77-99) alone accounts for roughly 89% of the total xp needed, so it still dominates total gameplaytime.

PROGRESSION LADDER

					
1	20	38	63	77	99
START	COMBAT POTS	PRAYER POTION	SUPER RESTORE	STAMINA POTION	

ICON	TIER	LEVEL RANGE	METHOD	KEY REQUIREMENT
	I	1-20	Attack (3) / Strength (12) Potions (clean own herbs)	None
	II	20-63	Super Attack (45) / Prayer Potions (38)	None
	III	63-77	Super Restore Potions	Snake grass + Red spiders' eggs
	IV ★	77-99	Stamina Potions (Amylase Crystal + Super Energy)	Amylase Crystals (GE-tradeable)

Reading The Access Tags

F2P Free-to-Play - no membership required for this method.

P2P Pay-to-Play - requires an active OSRS membership.

F2P & P2P Identical method works on either account type.

I-IV FULL TRAINING PATH (P2P ONLY)

Free-to-Play Status

Herblore is a fully members-only skill - there is no way to raise it above level 1 on a Free-to-Play account. Every tier below, starting from Tier I, requires an active membership; there is no F2P route to include here.

TIER I - ATTACK & STRENGTH POTIONS

P2P

1 → 20



METHOD

Clean grimy herbs yourself, then mix into Attack Potions (3 Herblore) and Strength Potions (12 Herblore)

LOCATION

Any bank

EST. TIME (THIS TIER)

Well under 1 hr - level 1-20 only needs ~4,500 xp

Cleaning herbs yourself adds a small amount of extra xp on top of the mixing xp - worth doing while volume is still low. This bracket is over almost immediately given real mixing speeds; don't over-invest time optimising it.

REQUIREMENTS

None

RATE

~50,000-65,000 xp/hr (OSRS Wiki cites ~62,500 xp/hr for Attack Potions)

TIER II - SUPER ATTACK & PRAYER POTIONS

P2P

20 → 63



METHOD

Mix Prayer Potions (unlocks at 38 Herblore, not 45) as the bracket's mainstay; Super Attack Potions (45 Herblore) as an alternative

LOCATION

Any bank

EST. TIME (THIS TIER)

~1.5-4 hrs

Prayer Potions are consistently in demand and close to break-even in cost - a solid default choice through this whole bracket, which now runs to 63 rather than 45 since nothing better unlocks until Super Restore.

REQUIREMENTS

Ranarr/Irid herbs + relevant secondary (snape grass for Prayer Potions)

RATE

~150,000-220,000 xp/hr (OSRS Wiki cites ~218,750 xp/hr for Prayer Potions at full efficiency)

TIER III - SUPER RESTORE POTIONS

P2P

63 → 77



METHOD

Mix Red Spiders' Eggs onto Snapdragon Potion (unf) for Super Restore

LOCATION

Any bank

EST. TIME (THIS TIER)

~3-6 hrs

Super Combat Potion is a common mix-up for this bracket, but it actually requires 90 Herblore - far above this range - so it belongs later, alongside or after Stamina Potions. Super Restore is the real, correctly-leveled high-xp option here, and sells close to breakeven against ingredient cost.

REQUIREMENTS

63 Herblore; Snapdragon potion (unf) + Red spiders' eggs

RATE

~250,000-356,000 xp/hr (OSRS Wiki cites ~356,000 xp/hr at full efficiency)

TIER IV - STAMINA POTIONS (FLAGSHIP)

P2P

FLAGSHIP ROUTE

77 → 99



METHOD

Mix an Amylase Crystal onto a Super Energy Potion

LOCATION

Any bank

EST. TIME (THIS TIER)

~22-45 hrs - by far the largest share of the whole grind, since level 77-99 alone needs ~11.56M of the 13.03M total xp to 99

Best xp/hr available in this bracket and heavily consumed by the wider playerbase, with Amylase Crystals freely GE-tradeable (no supply bottleneck). Super Combat Potion unlocks at 90 Herblore and is a legitimate, close-to-breakeven alternative once reached inside this tier for players who want GP neutrality over raw xp/hr; Anti-venom+ is another late-game option for players prioritising raw xp.

REQUIREMENTS

77 Herblore; Amylase Crystals (bought as Amylase Packs from Grace, Worm Tongue, or Pirate Jackie the Fruit, or bought pre-cracked on the Grand Exchange - not a Wintertodt reward)

RATE

~200,000-280,500 xp/hr manually (OSRS Wiki-cited); up to ~535,500 xp/hr with tick manipulation, an advanced, non-beginner-friendly clicking technique



QUICK-REFERENCE RECAP

Combined Estimate

Roughly **30-55 hours** of active mixing end to end, heavily weighted toward the final Stamina Potion stretch - real per-potion xp/hr in Herblore is far higher than a plain per-tier hour count suggests (150,000-350,000+ xp/hr through most of the game), but level 77-99 alone requires about 11.56 million of the total 13.03 million xp to 99, so even a ~200,000-280,500 xp/hr flagship method still takes 22-45 hours by itself. Budget tens of millions of GP across a full 1-99. All four tiers are **P2P only**; Herblore has no Free-to-Play training path at any level.

Why No F2P Path Exists

Herblore itself is flagged as a fully members-only skill at the account level - the Mix action is disabled for F2P accounts regardless of inventory contents, not merely restricted by location or item access the way most other skills are. There is no partial F2P progress possible, not even at level 1-10.

A Modern Alternative: Mastering Mixology

The Mastering Mixology minigame (unlocked at 60 Herblore **and completion of the quest Children of the Sun**, scaling in efficiency up to 81+) is a significant post-2024 addition that can reach roughly 100,000+ xp/hr at high skill, alongside useful potion-flask rewards. It's a legitimate alternative to the manual mixing tiers above for players who prefer it, though this dossier tracks the traditional bank-mixing route as the primary path.

GP Budget Estimate

Costs scale sharply with tier: Tiers I-II are a few hundred thousand GP total, Tier III several million, and Tier IV (Stamina Potions) can run into the tens of millions depending on Amylase Crystal and Super Energy prices. Selling finished potions back to the Grand Exchange recovers only a portion of this outlay.

Related Skills

Farming your own herb patches (Ranarr, Torstol, Snapdragon) meaningfully reduces Herblore's GP cost over a long grind, at the expense of Farming's own time investment - see the Farming Mastery dossier for patch locations and run timing.

ICON	TIER	LEVEL RANGE	REQUIREMENT	LOCATION	RATE (XP/HR)	EST. TIME
	I - Attack/Strength Potions (P2P)	1-20	None	Any bank	~50-65k	<1 hr
	II - Super Attack/Prayer Potions (P2P)	20-63	None	Any bank	~150-220k	~1.5-4 hrs
	III - Super Restore Potions (P2P)	63-77	Snape grass + Red spiders' eggs	Any bank	~250-356k	~3-6 hrs
	IV - Stamina Potions (P2P) ★	77-99	Amylase Crystals	Any bank	~200-280k	~22-45 hrs

All figures approximate. In-game xp rates, minigame rewards, and item prices fluctuate and were sourced from the OSRS Wiki and community efficiency guides current as of early September 2026. This dossier assumes full game access unless noted otherwise. Always confirm current mechanics in-game before committing to a specific Herblore method.

- OSRS Wiki - Herblore training
- OSRS Wiki - Prayer potion
- OSRS Wiki - Super combat potion
- OSRS Wiki - Super restore
- OSRS Wiki - Stamina potion
- OSRS Wiki - Amylase crystal
- OSRS Wiki - Mastering Mixology
- OSRS Wiki - Free-to-play

COMPILED BY - XP DEPARTMENT INTELLIGENCE DIVISION

FILED FOR - GUIDES SECTION (SKILL MASTERY SERIES)