

**Vitae:** 1 Vitae must be spent in the course of daily slumber [p. 157]

1 Vitae may be spent

- ✓ “the blush of life” (one scene) [p. 156]
- ✓ consume food or drink for (one scene) [p. 156]
- ✓ absorb a drug and suffuse it through the body [p. 174]
- ✓ +2 to a physical dice pool: Strength, Dexterity or Stamina [p. 157]
- ✓ activate some disciplines [p. 157]
- ✓ heal 2 points of bashing damage (one turn) [p. 173]
- ✓ heal 1 point of lethal damage (one turn) [p. 173]

NB: Vitae spent per turn is limited by Blood Potency [p. 99]

5 Vitae may be spent

- ✓ over 2 nights to heal 1 point of aggravated damage [p. 173]

Other uses:

- ✓ to blood-bind a kindred or mortal (Vinculum) [p. 160]
- ✓ to create a ghoul [p. 166]
- ✓ to create another vampire (Embrace) [p. 75, 170]