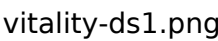


# Vitality

"Health", "Hitpoints", "Life" and "HP" redirect here.

 Vitality is a stat in Dark Souls. It affects the player's and enemy's max HP level, and whether they are alive.

Also known, as *Health*, *HP*, *Life Points*, or *LP*, the player's current health is indicated by a red bar in the top left of the HUD.

“

*Parameter determining HP.*  
-Vitality menu description

## Information

Vitality is the main stat that determines whether an entity is alive or dead. Once a player, enemy, or NPC's health reaches 0, they will die. Health bars for the player are visible in the top left of the screen, and above most enemy's heads or as an overlaid bar towards the lower half of the screen in the case of Bosses.

Vitality gives the most rewards when upgraded at lower levels, as leveling Vitality past certain points (see *Soft Cap* and *Scaling* sections) gives diminishing returns on souls invested.

## Soft cap

Vitality is soft capped at levels 30 and 50. After level 30, the player's health gains per level will begin to slowly decline, then beyond level 50 each Vitality increase grants the player less than 10 HP.

Vitality	10	15	20	25	30	35	40	45	50	60	70	80	90	99
Health	572	682	792	938	1100	1216	1325	1424	1500	1588	1675	1758	1837	1900

(Table continued in *Scaling* section)

## Modifiers

- **Cursed status:** decreases max HP by 50%.

- **Ring of Favor and Protection:** increases max HP by 20%.
- **Tiny Being's Ring:** increases max HP by 5%.
- **Mask of the Mother:** increases max HP by 10%.
- **Dusk Crown Ring:** decreases max HP by 50%.

# Scaling

Vitality	HP	Gained
1	400	-
2	415	15
1	400	-
2	415	15
3	433	18
4	451	18
5	471	20
6	490	19
7	511	21
8	530	19
9	552	22
10	572	20
11	594	22
12	616	22
13	638	22
14	658	20
15	682	24
16	698	16
17	718	20
18	742	24
19	766	24
20	792	26
21	821	29
22	849	28
23	878	29
24	908	30

Vitality	HP	Gained
25	938	30
26	970	32
27	1001	31
28	1034	33
29	1066	32
30	1100	34
31	1123	23
32	1147	24
33	1170	23

Vitality	HP	Gained
34	1193	23
35	1216	23
36	1239	23
37	1261	22
38	1283	22
39	1304	21
40	1325	21
41	1346	21
42	1366	20
43	1386	20
44	1405	19
45	1424	19
46	1442	18
47	1458	16
48	1474	16
49	1489	15
50	1500	11
51	1508	8
52	1517	9
53	1526	9
54	1535	9

Vitality	HP	Gained
55	1544	9
56	1553	9
57	1562	9
58	1571	9
59	1580	9
60	1588	8
61	1597	9
62	1606	9
63	1615	9
64	1623	8
65	1632	9
66	1641	9

Vitality	HP	Gained
67	1649	8
68	1658	9
69	1666	8
70	1675	9
71	1683	8
72	1692	9
73	1700	8
74	1709	9
75	1717	8
76	1725	8
77	1734	9
78	1742	8
79	1750	8
80	1758	8
81	1767	9
82	1775	8
83	1783	8
84	1791	8

Vitality	HP	Gained
85	1799	8
86	1807	8
87	1814	7
88	1822	8
89	1830	8
90	1837	7
91	1845	8
92	1852	7
93	1860	8
94	1867	7
95	1874	7
96	1881	7
97	1888	7
98	1894	6
99	1900	6

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