

Metal Transmutations		
Transmute From / To (Level)	Recipe Source: (d)rop, (v)endor, (q)uest	Requires
Transmute Iron to Gold (225)	(v) Alchemist Pestlezugg, Gadgetzan, Tanaris	n/a
Transmute Mithril to Truesilver (225)	(v) Alchemist Pestlezugg, Gadgetzan, Tanaris	n/a
Transmute Arcanite (275)	(v) Alchemist Pestlezugg, Gadgetzan, Tanaris	n/a

Elemental Transmutations		
Transmute Essence (Alchemy 275)		
Transmute From / To	Recipe Source: (d)rop, (v)endor, (q)uest	Requires
Transmute Air to Fire	(v) various (Argent Dawn), Eastern/Western Plaguelands	Honored
Transmute Fire to Earth	(v) Plugger Spazzring (Thorium Brotherhood), Blackrock Depths	Friendly
Transmute Earth to Water	(v) Meilosh (Timbermaw Furbolg), Timbermaw Hold	Friendly
Transmute Water to Air	(v) Magnus Frostwake, Caer Darrow, Western Plaguelands	(q) Trinket ¹
Transmute Earth to Life	(d) recipe dropped by many	n/a
Transmute Life to Earth	(d) recipe dropped by many	n/a
Transmute Water to Undeath	(d) recipe dropped by many	n/a
Transmute Undeath to Water	(d) recipe dropped by many	n/a

Transmute Primal (Alchemy 350)		
Transmute From / To	Recipe Source: (d)rop, (v)endor, (q)uest	Requires
Transmute Primal Air to Fire	(v) Almaador (the Sha'tar), Shattrath City	Revered
Transmute Primal Fire to Earth	(v) Narasu, (Kurenai); Nasela (Mag'har), Nagrand	Revered
Transmute Primal Earth to Water	(v) Micah (Sporeggar), Zangarmarsh	Revered
Transmute Primal Water to Air	(v) Fedryen Swiftspear (Cenarion Expedition), Zangarmarsh	Revered
Transmute Primal Earth to Life	"Discovered" while performing other transmutes	n/a
Transmute Primal Life to Earth	"Discovered" while performing other transmutes	n/a
Transmute Primal Water to Shadow	"Discovered" while performing other transmutes	n/a
Transmute Primal Shadow to Water	"Discovered" while performing other transmutes	n/a
Transmute Primal Fire to Mana	"Discovered" while performing other transmutes	n/a
Transmute Primal Mana to Fire	"Discovered" while performing other transmutes	n/a

Unique Transmutes		
Transmute From / To (Level)	Recipe Source: (d)rop, (v)endor, (q)uest	Requires
Transmute Elemental Fire (300)	(v) Lokthos Darkbargainer (Thorium Brotherhood), BRD	Friendly
Transmute Primal Might (350)	(v) Skreah, Arakkoa Treehouse, Lower Shattrath City, or	n/a
	(v) Altaa, <Alchemy Supplier>, The Vault of Lights, The Exodar, or	n/a
	(v) Melaris <Alchemy Supplier>, Sunfury Spire, Silvermoon City	n/a

Breaking Down Primals (Blacksmithing 300)		
Transmute From / To	Recipe Source: (d)rop, (v)endor, (q)uest	Requires
Fire Sunder (convert Primal Fire back to Motes)	Hurnak Grimmord, Honor Hold; Krugosh, Thrallmar	n/a
Earth Shatter (convert Primal Earth back to Motes)	Hurnak Grimmord, Honor Hold; Krugosh, Thrallmar	n/a

Gem Transmutations		
Transmute From / To (Level)	Recipe Source: (d)rop, (v)endor, (q)uest	Requires
Transmute Earthstorm Diamond (350)	(v) Fedryen Swiftspear (Cenarion Expedition), Cen. Refuge, Zangar.	Honored
Transmute Skyfire Diamond (350)	(v) Honor Hold & Thrallmar Quartermasters	Honored

Notes		
¹ Speaking to ghost Magnus Frostwake requires the trinket, "Spectral Essence" obtained through the 3-quest chain starting with "Doctor Theolen Krastinov, The Butcher", from Eva Sarkhoff, outside Scholomance (take friends!)		
10 of any Mote can be Used by any character to create 1 Primal		