

# Moisture Imbalance

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Your mouth dries out quickly, requiring you to drink 1 + (IE) times as much water as typical or experience exhaustion from [Dehydration](#). You also need to take a sip of liquid before casting a spell with a verbal component or making a Charisma (Persuasion) check. If you can't drink first, you need to succeed at a DC 5 + (IE) Constitution check. If you fail, the spell is not cast, or you have disadvantage on the Charisma (Persuasion) check.

## Real-world Examples

Diabetes, Stroke, Thrush, Alzheimer's disease, Sjögren Syndrome, HIV/AIDS

## Assistive Options

Chewing on gum or some other soft substance can help. One piece will reduce the IE by 1 for 10 minutes. Spells with verbal components cannot be cast with gum in the mouth.