

# Tips for using Apex Legends Mobile healing items

Healing items in Apex Legends Mobile are used to heal as well as shields in the game. Health can be restored using items like Syringe or Med Kit while shields can be restored using Shield Cells and Shield Battery.

A good Apex Legends Mobile player will know every aspect of the game. Which includes all healing equipment. Be it a Medkit, a Phoenix Kit or a shield. In the guide below, you'll learn what healing items are and what additional equipment is required.

## What is Apex Legends Mobile Heal?

Before knowing about healing items, it is important to learn about the health you will have. Each gamer has only 100 health, if you take damage and the health goes to 0, then your character will be dead. The familiar thing in many survival shooting games like PUBG Mobile PC or Free Fire.

Once you lose health, all you need to do is heal immediately with healing items. In addition, you can also replenish health with shields. Weapons will always deal damage to shields and then health. However, keep in mind that air traps and bombardment damage also affect your health and shield.

## All healing and shield items in Apex Legends Mobile

As mentioned above, healing items are used to heal as well as shield in the game. Health can be restored using items like Syringe or Med Kit while shields can be restored using Shield Cells and Shield Battery.

### Syringe



1. Type: Heal
2. Usage time: 5 seconds
3. Effect: Restores 25 health to the user.

This item is similar to Bandage in PUBG Mobile, the time to use is fast but the amount of healing is quite small. So players will have to stock 5-10 or more if they can't find Medkit. You should use this item when you feel safe and do not enter any fights, or at least have a "protection" teammate.

## Medkit

1. Type: Heal
2. Usage time: 8 seconds
3. Effect: Restores 100 health to the user.

Like the First Aid Kit in PUBG Mobile, the usage time is longer than the Syringe, but in return, the amount of healing is more, only once used and you will recover 100 health. But it is rarer than Syringe, you should only use it when the health is low.

## Shield Cell

1. Type: Shield
2. Usage time: 3 seconds
3. Effect: Increases/regenerates player's shield by 25



If there are many then you should use to fill your shield cells to increase defense. You should use this item when you have few shield slots. Save the Shield Battery when you have maxed out the shield cells.

## Shield Battery

1. Type: Shield
2. Usage time: 5 seconds
3. Effect: Increases player's shield by 100



The rarity of Shield Battery is definitely more than Shield Cell. So you should use this item towards the end of the game when you have maxed the shield. Just balance between the two items Shield Battery and Shield Cell.

### Phoenix Kit

1. Type: Combo
2. Usage time: 10 seconds
3. Effect: Increases player's shield and health by 100



Restores all health and shield to the player for a duration of 10 seconds. An item that you need to have teammates around or at least already in a safe area.

### Ultimate Accelerant

1. Style: Special
2. Usage time: 7 seconds
3. Effect: Increases player's shield and health by 100

A special item, you only need to use Ultimate Accelerant when you have just used your skill and only have about 30-40% left. If you are at 85% or higher, there is no need to use this item. If needed, it should be used when it is at 65% or less.

A note for newbies is that using any healing item will reduce the player's movement speed and they can't run, slide. However, you can cancel the use of healing items to move to a safe place.

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