



What you will need:

- Gatorade or Any Sports Drink
- Dish Soap or Shampoo
- Rubbing Alcohol
- Toothpicks
- Clear small cup
- Measuring spoons

Protocol:

- 1) Put one tablespoon of sports drink into a clean clear small cup.
- 2) Swish the tablespoon of sports drink in your mouth for 30 seconds and expel back into the cup.
- 3) Pour one teaspoon of dish soap or shampoo into the cup containing your cell/sports drink mixture.
- 4) Gently swirl the solution so that it makes ten rotations around the cup.
- 5) Leave this solution at room temperature for two minutes.
- 6) After the two-minute room temperature incubation, carefully hold the cup on an angle and slowly pour three teaspoons of rubbing alcohol on top of your soap, cell, and sports drink mixture. **Pour the rubbing alcohol carefully so it forms its own layer on top of the soap, cell, and sports drink mixture.** Let the cup sit at room temperature for three minutes.
- 7) At this point, you should see your DNA floating in the rubbing alcohol. Take a toothpick and **carefully** fish your DNA out of the rubbing alcohol. Be careful not to mix the rubbing alcohol into the rest of the solution.
- 8) If you want to keep the DNA pour a small amount of rubbing alcohol into an airtight container along with your DNA. This can be kept at room temperature indefinitely.