**BISHOP LAB – Useful Recipes**

**DNA Ladder (0.5µg/µL)**
10µL Concentrated (10X or 6X) Loading Dye  
1µL 100X TE  
5µL φx174 + HaeIII (1µg/µL)  
10µL λ + HindIII (0.5µg/µL)  
74µL H₂O

100µL final volume

Mix reagents together, incubate at 65°C for 2 hours  
Aliquot and store at 4°C or –20°C

**Loading Dye**
0.25% Bromophenol blue  
0.25% Xylene cyanol  
15% Ficoll 400

Dissolve in H₂O (will need to stir over heat in order to get Ficoll to dissolve)  
Store indefinitely at room temperature

**6x SDS-PAGE Loading Buffer**
7mL 4x Tris-HCl/SDS buffer, pH 6.8 (SDS-PAGE stacking buffer)  
3mL glycerol  
1g SDS  
0.93g DTT (0.6M final)  
1.2mg bromophenol blue

Mix together and heat at 65°C until all SDS is in solution  
Aliquot and store at –20°C