**TBST 1x (concentrated Tris-Buffered Saline with Tween-20), 20L**

* 48 g Tris base (Formula weight: 121.1 g, final conc 20 mM)
* 176 g NaCl (Formula weight: 58.4 g, final conc 150 mM)
* Dissolve in distilled water (add about 5L)
* pH to 7.4-7.6 with HCl
* Add distilled water to a final volume of 20L
* Add 20 ml of Tween-20 (final conc 0.1%) and mix well

**Running Buffer 10x, 1L**

* 30.2 g Tris base
* 144.2 g Glycine
* 10 g SDS
* Dissolve in 1000 ml distilled water

Store at RT

Note: Is important to use SDS from powder; do **not use** from the 20% SDS

**Transfer Buffer (Bjerrum and Schafer-Nielsen) 1x, 1L**

* 5.82 g Tris
* 2.93 g glycine
* Add **distilled water** up to 1L (don’t use MiliQ water)

Keep it in the fridge.

Note: for nitrocellulose membranes add 20% methanol (200ml in 1L of transfer buffer)

**2X SDS-PAGE loading buffer (Mitosciences)**

* 20% glycerol
* 4% SDS
* 100mM Tris pH 6.8
* 0.2 % Bromophenol blue optional

Store at RT, add DTT fresh (100 mM DTT). After adding DTT if need aliquot and store at -20ºC