

Swish 6ml of sports drink in your mouth for 30 seconds, and expel the solution into a paper cup.

2 Carefully pour the cell solution back into the sports drink tube, and label the tube with your initials.

Add **2ml** of soap solution to the cell solution and gently invert the tube 5 times to mix.



Incubate tube at room temperature for 2 minutes.



While holding your tube on an angle, use a dropper to carefully pour **3mL** of ice cold ethanol on top of the mixture of soap and cells. After 2 minutes, you should see DNA floating in the ethanol.

Use a dropper to transfer **1ml** of ethanol and DNA into a small 1.5ml tube.

