Stock solutions

10*running	
Tris	75 g
Glycine	360.3 g
SDS	25 g
ddH2O up to 2.5 L (NO PH adjustment)	

1*TBS-1	
NaCl	88 g
Tris	30 g
KCL	2 g
ddH2O up to 2.5 L, Ph, 7.2, Tween, 20 mL, ddH2O up to 10 L	

1*transfer	
10*transfer buffer	250ml
H2O	2L
Methanol	500ml
ddH2O up to 2.5 L (NO PH adjustment)	

Blocking Buffer	
For Phosphorylation	
BSA	3% in TBST
For others	
Non-Fat Dry Milk	3% in TBST

Upper Gel Buffer	
Tris	60.5 g
SDS	4 g
ddH2O up to 1 L, pH, 6.8	

Lower Gel Buffer	
Tris	187 g
SDS	4 g
ddH2O up to 1 L, pH, 8.8	

10*transfer	
Tris	145.5 g
Glycine	73.25 g
1% SDS	93.75 mL
ddH2O up to 2.5 L (NO PH adjustment)	

Mild stripping	500ul
glycine	7.5 g
SDS	0.5 g
Tween 20	5 mL
Distilled water	400 ml
Adjust pH to 2.2	
Bring volume up to 1 L with distilled water	

Harsh stripping	100ml
SDS 10%	20 mL
Tris HCl, pH 6.8, 0.5 M	12.5 mL
distilled water	67.5 mL
3 mL ß-mercaptoethanol under the fum	

Gel preparation

Separating gel	6%	7.50%	10%	12.50%	15%
H2O	4.5	4	3.34	2.65	2
Lower Tris Buffer(pH 8.8)	2	2	2	2	2
Acrylamide(30% H2O)	1.5	2	2.66	3.35	4
Ammonium Persulfate (10%)	80	80	80	80	80
TMED	8	8	8	8	8

Separating gel (10%)	1	2	4	6	8
H2O	3.34	6.68	13.36	20.04	26.72
Lower Tris Buffer(pH 8.8)	2	4	8	12	16
Acrylamide(30% H2O)	2.66	5.32	10.64	15.96	21.28
Ammonium Persulfate (10%)	80	160	320	480	640
TMED	8	16	32	48	64

Stacking gel	1	2	4	6	8
H2O	2.28	4.56	9.12	13.68	18.24
Lower Tris Buffer(pH 8.8)	0.9	1.8	3.6	5.4	7.2
Acrylamide(30% H2O)	0.48	0.96	1.92	2.88	3.84
Ammonium Persulfate (10%)	33.6	67.2	134.4	201.6	268.8
TMED	7.2	14.4	28.8	43.2	57.6