	Running Gels (30ml)				Stacking Gels (10ml)		
	8%	10%	12%	15%	3%	4%	5%
H2O	14	12	10	7	6.35	6.1	5.7
30% Acryl	8	10	12	15	1	1.33	1.66
4X Running Bf	7.5	7.5	7.5	7.5	--	--	--
Stacking Bf	--	--	--	--	2.5	2.5	2.5
10% SDS	0.3	0.3	0.3	0.3	0.1	0.1	0.1
10% APS	0.15	0.15	0.15	0.15	0.05	0.05	0.05
Temed	0.018	0.015	0.015	0.015	0.01	0.01	0.01

Wet Electrophoretic Transfer

Cut one sheet of nitrocellulose and four sheets of absorbent filter paper (Whatman 3MM) to the size of the gel.

Soak the nitro in distilled H_2O. Nitrocellulose should be wetted by carefully laying it on the surface of water. Allow the nitrocellulose to wet by capillary action (several minutes), then submerge it for 2 min. Move the membrane to soak in transfer buffer for 5 min. Wet the absorbent paper by soaking in transfer buffer.

	Transfer Buffer 1: (proteins 20-400kD)		**Transfer Buffer 2:** (proteins <80kD)	
	conc.	for 1L	conc.	for 1L
Tris	50mM	5.8g	25mM	2.9g
Glycin	380mM	29g	190mM	14.5g
SDS	0.10%	1g	--	--
MeOH	20%	200ml	20%	200ml
Distilled H2O		to 1L		to 1L