

life **IN THE** Lab

PRODUCTS, INFORMATION, AND SCIENTAINMENT

ISSUE 1 | SPRING / SUMMER 2015

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Scientific
ThermoFisher
SCIENTIFIC

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Thermo Scientific™

Applied Biosystems®

Invitrogen™

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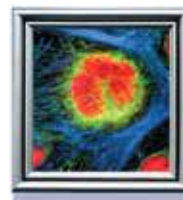
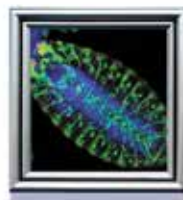
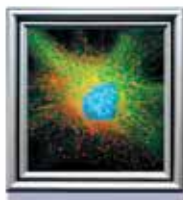
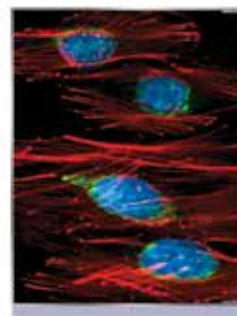
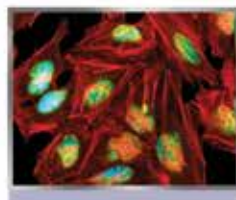
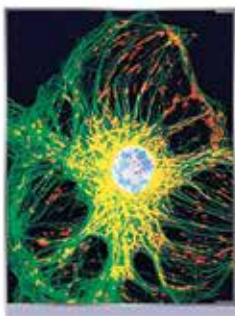
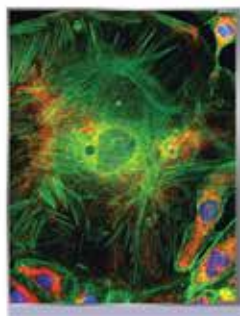


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Agarose Gels
page 12



Free sample of Lipofectamine®
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Transfection Reagent
page 24

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A LETTER FROM ALAN SACHS

CHIEF SCIENCE OFFICER
LIFE SCIENCES SOLUTIONS

Thermo Fisher Scientific spends almost \$700 million (US) a year, employing nearly 4,600 scientists and engineers, to support its R&D priorities.

Dear Valued Customers,

It has been over a year since Life Technologies became part of Thermo Fisher Scientific. As the Chief Scientific Officer of Life Sciences Solutions, I have had ample time to consider the advantages this combination brings to our customers. One clear advantage is our focus on the company's mission—enabling our customers to make the world healthier, cleaner, and safer.

Thermo Fisher Scientific spends nearly \$700 million (US) per year, employing nearly 4,600 scientists and engineers, to support our R&D priorities. We work jointly with more than 16,000 customer-facing employees to gather extensive requirements for new product development. All of this is done to enable you, our customer, to further your research goals.

Recognizing this, it is natural to ask “if so much is being spent to enable me, how can I help influence future product development?” Providing feedback and ideas to your sales representative or to our customer care specialists (lifetechnologies.com/support) is an immediate avenue. If you are passionate about an idea that you believe could transform the way research is conducted, I encourage you to send me an email (alan.sachs@lifetech.com) and I will arrange for further follow up.

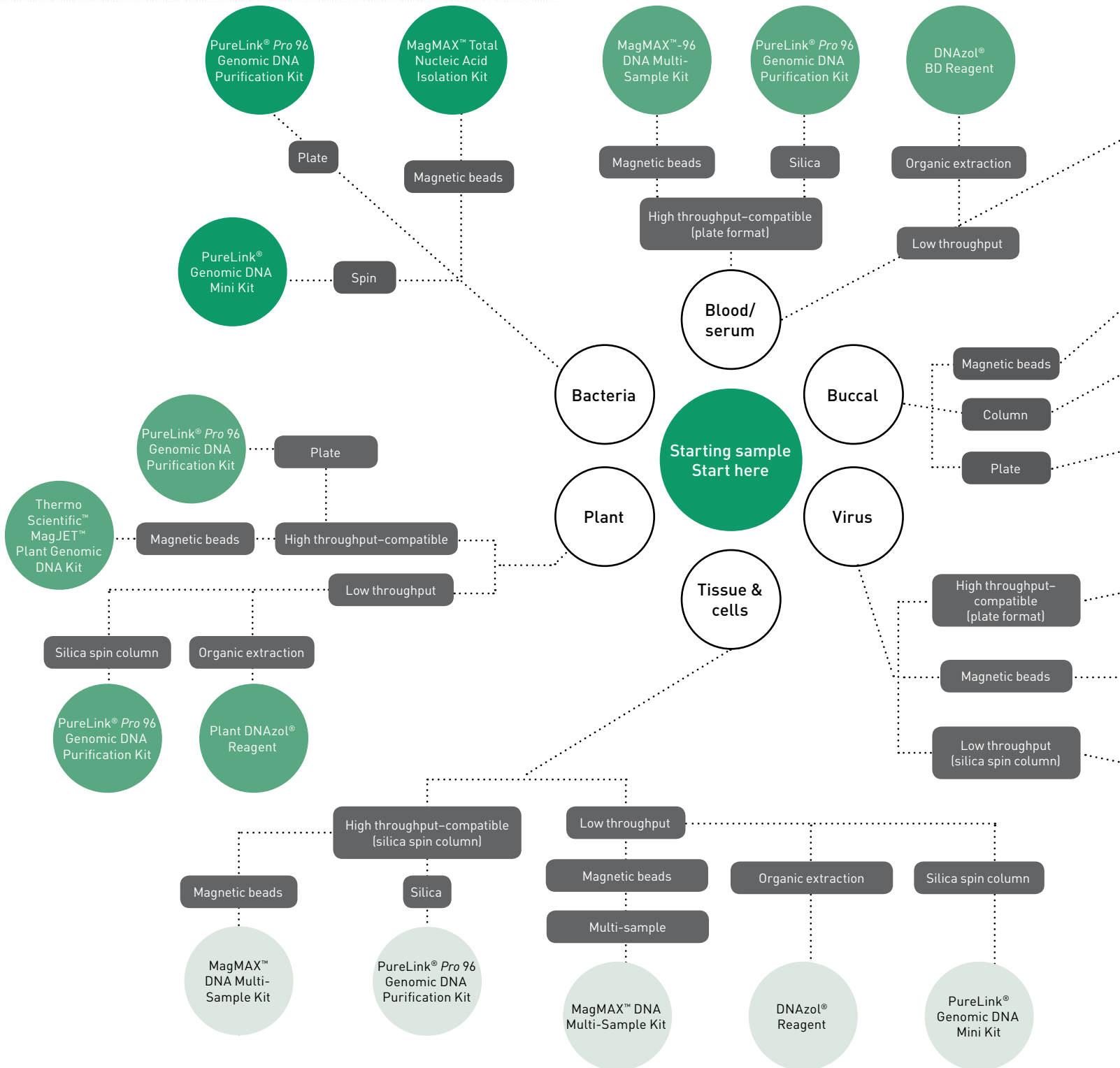
Enjoy reviewing all of the great products highlighted on the following pages. We at Thermo Fisher Scientific look forward to providing you with even more great products in the future!

Sincerely,

Alan Sachs, MD, PhD

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Sample Kit

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DNA Mini Kit

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Purification Kit

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RNA Kit

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Maximize process efficiency and downstream performance

Find a range of Invitrogen™ genomic DNA purification kits that enable sensitive, scalable purification from an expansive set of starting materials to maximize process efficiency and downstream performance.

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Simple and safe total RNA isolation

Use the column-based PureLink® RNA Mini Kit for easy, reliable, and rapid isolation of high-quality total RNA from a wide variety of sources. Bonus: there's no need for hazardous reagents like phenol.

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SLIDE

5 Principles for Presentation Perfection

SIMPLIFY

LOSE THE CLICHÉS

INFORMATION NEEDS EMPHASIS

DESIGNATE ELEMENTS

EMPATHY FOR THE AUDIENCE

Your PowerPoint® presentation has one job—to back up what you’re saying. Nancy Duarte, author and presentation design guru, created the SLIDE mnemonic to illuminate 5 guiding principles to remember when creating PowerPoint® presentations. Use these principles to avoid common pitfalls, and to make your next presentation a visual aid instead of a visual distraction.



S

1: SIMPLIFY

It's tempting to load up slides with many ideas and bulleted items, but don't do it. Try to stick to one idea per slide, and let that one concept really stick with your audience. They will focus on what you're saying, rather than reading your slide. Author Seth Godin's rule of thumb: No more than six words on a slide. EVER. He claims that there is no presentation so complex that this rule needs to be broken.

TAKEAWAY: Use one idea per slide. Don't use your slide as a teleprompter. Use the slide's notes to cue yourself what you need to say.

L

2: LOSE THE CLICHÉS

Resist using the cliché images, concepts, and clip-art that come standard with most presentation software. Having trouble coming up with clever ways to communicate your ideas? Try brainstorming with colleagues to find novel concepts. Use an online image resource such as Getty or Corbis, or use your own original images.

TAKEAWAY: Don't clutter your slides with images unless they add value. Empty space on the slide will actually enhance readability.

PLANNING

- Create a simple design template
- Use appropriate font and size
- Develop a color scheme
- Use good quality images
- Avoid special effects
- Check spelling and grammar
- Practice delivering your presentation
- Learn keyboard shortcuts for easy navigation

ON THE DAY

- Do an on-site equipment check to make sure everything is working properly
- Do not read from your slides or speak to them
- Do not turn your back on your audience
- Do not go over the allotted time
- Relax—you've done the hard work necessary to ensure presentation perfection
- Prepare for rave reviews!

I

3: INFORMATION NEEDS EMPHASIS

According to Duarte, if your slide takes longer than 10 seconds for the audience to comprehend, it's probably too complex. Your slides should simply convey even complex ideas, which you'll enhance with your words. Your audience will listen to what you say if the image or words on the screen behind you have real impact.

TAKEAWAY: The sweet spot for slide comprehension is around 3 seconds. Split up complex ideas and allow them to flow across multiple slides. Go ahead and use more slides; they're free.

D

4: DESIGNATE ELEMENTS

Use the Slide Master feature to create a template, and stick to it. Using elements such as font, colors, and background consistently throughout the presentation is essential.

FONT: Choose your font style and size carefully. Sans serif fonts—such as Arial, Verdana, and Calibri—are good options. Choose one font for the entire presentation. Avoid all caps, and excessive use of bold, underline, and italics.

COLORS: You don't need a deep understanding of color theory to create harmonious color schemes. Try using an online resource such as ColorSchemer, Colourlovers, or Kuler to create a perfect palette.

AVOID SPECIAL EFFECTS.

TAKEAWAY: When it comes to designing presentations, less is more, and consistency is key.

E

5: EMPATHY FOR THE AUDIENCE

The most important thing to do is take the time to think through who the audience is, then develop your presentation from a place of empathy toward them. Do you have a message that your audience can connect to? Take a walk in their shoes to craft a presentation that will be valuable and memorable.

TAKEAWAY: Develop an audience-centric perspective to create a deeper connection to you and your material. By flipping that paradigm, your message will resonate more strongly with your audience.

PLANNING TIP:

Before sitting down at the computer, go old school and plan your presentation on paper.

Using sticky notes or index cards to lay out the main ideas and supporting data is a good way to see the entire presentation at once.

Now decide where visuals will add to your message and what those visuals should be.

SUGGESTED READING:

Resonate: Present Visual Stories that Transform Audiences
by Nancy Duarte

slide:ology
by Nancy Duarte

Presentation Zen
by Garr Reynolds

Really Bad PowerPoint: (and how to avoid it)
by Seth Godin

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More precise control with easy programming

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CHOOSE INVITROGEN™ PCR ENZYMES AND REVERSE TRANSCRIPTASE



TECH TALK

Our tech service experts answer a few of your questions.

Q What are the key differences between SuperScript® III and SuperScript® IV Reverse Transcriptases?

A The SuperScript® IV enzyme has been further engineered for performance optimization in the presence of inhibitors, and the reaction buffer has also been optimized for robust cDNA synthesis from a wide range of samples.

Q Can I get a comparable level of cDNA yield and length using the SuperScript® IV Reverse Transcriptase 10-minute reaction time as when using the 50-minute reaction time for SuperScript® III Reverse Transcriptase?

A When compared with SuperScript® III Reverse Transcriptase (and other manufacturers' RTs) in a synthesis reaction of a 9 kb cDNA, SuperScript® IV Reverse Transcriptase performed successful synthesis in just 10 minutes and did so with comparable (or improved) yield (as shown by gel band density). See figure at left.

Q For real-time applications, do you recommend the SuperScript® IV first-strand synthesis system over the SuperScript® VILO™ Master Mix?

A For qPCR applications, we continue to recommend the SuperScript® VILO™ kit and master mix. The SuperScript® VILO™ kit has been specifically designed for great performance and convenience for qRT-PCR applications.

Q Are there any significant changes in the SuperScript® IV protocol compared to the SuperScript® III protocol?

A The only change is that the reverse transcription incubation time has been reduced from 50 minutes to 10 minutes. All the other parameters and steps are the same.

FREE
SAMPLE

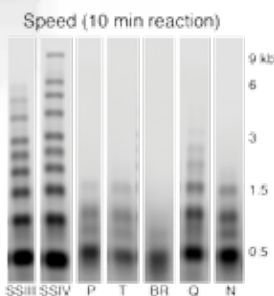


NEW! SuperScript® IV Reverse Transcriptase

LET NO SAMPLE GO UNCONQUERED

Challenging samples don't stand a chance against new SuperScript® IV Reverse Transcriptase.

- Significantly improved resistance to a variety of inhibitors that interfere with cDNA synthesis
- Robust and specific cDNA synthesis from a wide range of sample types
- Fast reverse transcriptase reaction to reduce the reaction time from 50+ minutes to 10 minutes



Fast cDNA synthesis rate of SuperScript® IV (SSIV) compared to SuperScript® III (SSIII) and RTs from other vendors.



Watch the video "SuperScript® IV—cDNA synthesis in confidence" at:
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PER
REACTION**

For a limited time, order Platinum® *Taq* DNA Polymerase for just 49¢ per reaction

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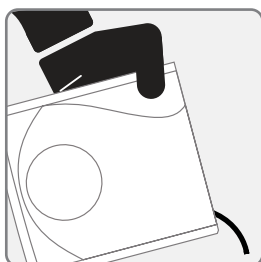
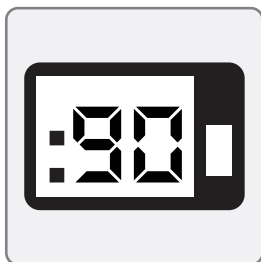
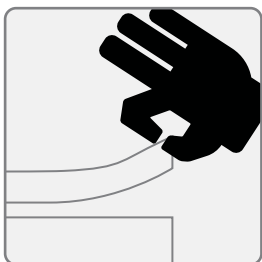
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VENT, HEAT, ADD STAIN, POUR

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ReadyPouch™ Agarose Gels are packaged in a ready-to-microwave pouch that contains the right amount of agarose and buffer for a 100 mL gel. They come with an easy-to-use stain dropper. All you need to do is vent the pouch, heat in a microwave, add stain, and pour.

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Thermo Scientific™ GeneJET™ kits

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Thermo Scientific™ FastDigest™ restriction enzymes

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- Complete digestion in 5 to 15 minutes
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Conventional restriction enzymes Sequential digestion		FastDigest™ restriction enzymes One reaction mixture	
1	Reaction setup for Apal ~2 minutes	1	Set up one reaction mixture with: FastDigest Apal and FastDigest XhoI ~2 minutes
2	Incubation at 37°C 60 minutes	2	Incubation at 37°C 5 minutes
3	Reaction setup for XhoI >2 minutes	TOTAL TIME 7 minutes	
4	Incubation at 37°C 60 minutes	Helps save more than 2 hours when performing double digestion reactions.	
TOTAL TIME >2 hours			



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95% RECOVERY IN 5 MINUTES

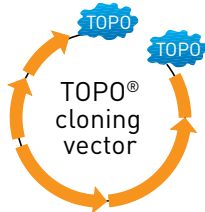
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A PCR product



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2 Incubate 5 min at room temperature.



3 Transform *E. coli*.



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Cloning support center

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Find all these TOPO® products and resources at: lifetechnologies.com/topo



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Amplify without purification

The Thermo Scientific™ direct PCR approach allows DNA amplification from unpurified samples. A tiny amount of source material is added directly in the PCR reaction without any DNA purification steps, enabling significant savings in time and cost.

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MOBILE PRODUCTIVITY

Real-Time PCR

This easy-to-use collection of real-time PCR resources is an excellent learning tool for both new and experienced researchers. The application's main feature is a real-time PCR handbook covering all aspects of real-time PCR from the basics of how the technology works to data analysis and interpretation.

PCR Essentials

Find product information on *Taq* polymerases, dNTP, gels and stains, RT-PCR products, cDNA products, and master mixes. Also included is a convenient master mix calculator for quick mix calculations.

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RESURRECTION BIOLOGY

SCIENCE FACT OR SCIENCE FICTION?

With the forthcoming theatrical release of *Jurassic World* on the horizon, we began to wonder whether the idea of bringing an extinct species back to life is within the realm of science fact or science fiction.

A little background: mankind has had a large—and largely negative—impact on earth’s animal and plant species. Biologists estimate that we are losing thousands of species year after year. And while no one is certain exactly how many species are currently in danger, it’s clear that we risk losing many thousands of species to extinction in the coming decades.

How are scientists approaching this problem?

One ambitious idea is de-extinction—also called resurrection biology, species revivalism, or zombie zoology—which is the process of re-creating an extinct species from ancient DNA.

Why should we bring these creatures back to life?

For the same vital reasons we attempt to protect our currently endangered species: to preserve biodiversity, to restore damaged ecosystems, to strengthen reproductive health through gene pool enrichment, and to mitigate at least some of the harm that we humans have created.

Using cutting-edge developments in genetic technology, molecular biologists and conservation biologists are working on projects that may bring extinct animals back to life, or endangered animals back from the brink. Possible candidates for de-extinction, genetic rescue, or genetic assistance are easy to isolate because the very material required for revival—the animal’s DNA—is relatively easy to obtain.

According to The Long Now Foundation (longnow.org), “The “ancient DNA” of many extinct species can be recovered from museum specimens and fossils via Ancient Genome Assembly. New techniques still being further developed (synthetic DNA and CRISPR genome editing) may be able to bring the reassembled genomes back to life via a close living relative. But species that died out so long ago that no DNA remains, such as dinosaurs, are unrecoverably extinct.”

The science is not without significant controversy. Opponents of de-extinction posit that efforts and resources used to resurrect extinct species would be better spent in protecting currently endangered species. *Scientific American*, in an editorial condemning de-extinction, opined that research “should be conducted under the mantle of preserving modern biodiversity rather than conjuring extinct species from the grave.”

So, while a pet archaeopteryx or dodo is probably not in your future, this research may give us another chance to see some of these species in living, breathing form again.

Sources:

The Long Now Foundation and *Scientific American*.





SPECIES DEPICTED:

Carolina parakeet, Dodo, Great auk, Woolly mammoth, Xerces blue butterfly, Thylacine (Tasmanian tiger), Archaeopteryx



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Antibody pairs, ELISA kits, and Luminex® assays

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CLASSIC NuPAGE® GELS

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Western Workflow

Easy As: **1** **2** **3**

When doing protein detection, so much can ride on the question, "Is my protein expressed in this sample?" Let us help you find the answer with these protein analysis options.

1 Separate



See western blot bands clearly

Bolt™ Bis-Tris Plus Gels

Preserve the integrity of your proteins with Novex® neutral-pH formulation and mild sample preparation conditions. With the Bolt™ Bis-Tris neutral pH system, protein integrity is preserved throughout sample prep, electrophoresis, and western transfer, resulting in beautiful western blots without the protein degradation that is common to Tris-glycine gels.

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2 Transfer

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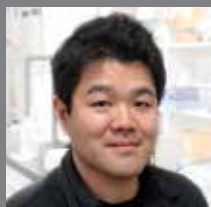
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FROM THE BENCH

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"While Laemmli's method, the most widely used SDS-PAGE system, uses strongly alkaline separation gels (pH 8.9), NuPAGE® gels are neutral. Because of that, the NuPAGE® system stabilizes proteins during electrophoresis, and has the advantages of high separation capacity and long life. These attributes of NuPAGE® gels made a significant contribution in the analysis of tRNA-protein ester conjugates (peptidyl-tRNA) and thioester conjugates of proteins.

While wondering if there was an easier way to separate thioester intermediates of autophagy-related (Atg), ubiquitin-like conjugation reactions, I recalled having successfully separated unstable peptidyl-tRNA molecules using NuPAGE® precast gels. Thanks to the NuPAGE® system, we were able to easily detect two kinds of intermediates by electrophoresis. It has allowed us to track, in detail, the time course of the membrane-binding reaction of Atg8, which plays a central role in autophagosome formation, and also to identify reactions in rate-limiting steps, providing much information."

Hitoshi Nakatogawa, PhD
 Associate Professor
 Tokyo Institute of Technology

7

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Mighty
Benchtop
Solutions**

TO MAKE YOUR LAB HUM

You spend hours working to complete your research. Whether it's unlocking the next cancer pathway or saving you time at the bench, we have solutions to help simplify your work.

Check out these easy-to-use benchtop solutions that help make the most of your time and research dollars.



ANALYZE

1

Simply stunning EVOS® cell imaging systems

Smarter systems | Easier cell imaging | Faster results
Minimize the complexities of microscopy without compromising performance.

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2

E-Gel® Imager System

Capture high-quality images and analyze agarose gels using a lightweight, portable, easy-to-use benchtop imaging system.

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3

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Obtain greater sensitivity and reproducibility as compared to manual processing methods. Automated, hands-free processing enables better blot-to-blot consistency, while using up to 80% less primary antibody.

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4



QUANTITATE

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Get fast, easy, and accurate cell counting without using a hemocytometer, and avoid the tedium and subjectivity of manual cell counting. Now with two optional fluorescent channels and bright-field—researchers can count cells, monitor fluorescent protein expression, and measure cell viability all in as little as 10 seconds per count.

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5

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LOVE IT**

Want to try one of these benchtop solutions in your lab? Complete our online form* and we'll follow up to schedule a demo of the device that best suits your needs.

* To request a demo, go to the URL shown with each device. HulaMixer® Sample Mixer not included in demo program.

PREP

6

HulaMixer® Sample Mixer

Every lab needs a flexible and robust mixer. This one will tilt, rotate, and vortex your sample to help ensure thorough mixing.

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7



MODIFY

Neon® Transfection System

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TRANSFECTING PRIMARY CELLS?

transfection

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TECH TALK

Q We currently use DNA for transfection. Can you tell me what the advantages of mRNA transfection are, and are they cell line specific?

A There are many advantages to using mRNA rather than DNA for transfection, and they are cell line specific.

- **A much higher level of transfection efficiency**

If you are working with a difficult-to-transfect cell type, where DNA transfection yields less than 30% efficiency, transfecting an mRNA alternative can provide up to 80% transfection efficiency.

- **A footprint-free method with no risk of genomic integration**

This is a result of its ability to deliver the highest amount of mRNA to the cytoplasm of the cell. There is no nuclear entry required for protein expression and this eliminates the risk of the foreign nucleic acid integrating with the host genomic DNA.

See more Q&A at:

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Lipofectamine® MessengerMAX™ reagent is your ticket 'in'

Discover the mRNA transfection reagent that out performs other leading DNA and mRNA reagents.

- 5x the efficiency of DNA reagents in neurons and primary cell types
- Up to 80% transfection efficiency in neurons and primary cell types
- Faster protein expression with no risk of genomic integration
- Up to 10x higher cleavage efficiency with CRISPR mRNA

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Lipofectamine® MessengerMAX™ mRNA reagent outperforms leading DNA and mRNA delivery reagents in fresh isolated hNSCs. Lipofectamine® MessengerMAX™ reagent and the leading mRNA delivery reagent were used to deliver GFP mRNA (250 g/well) in a 48-well format. The leading DNA delivery reagent was used to deliver GFP DNA (250g/well), and GFP expression was analyzed 24 hours posttransfection.

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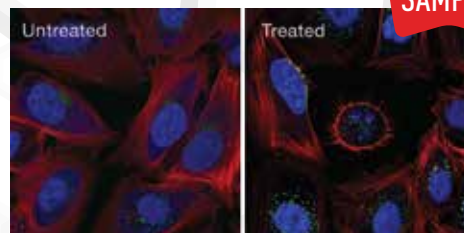
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Imaging basics tip

Problem: High diffuse background in image

Possible cause: Nonspecific binding to proteins other than the target

Tip: BlockAid™ Blocking Solution is an optimized mix of protein blocking components designed to reduce background signal from cells or tissues

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Theodore Roszak

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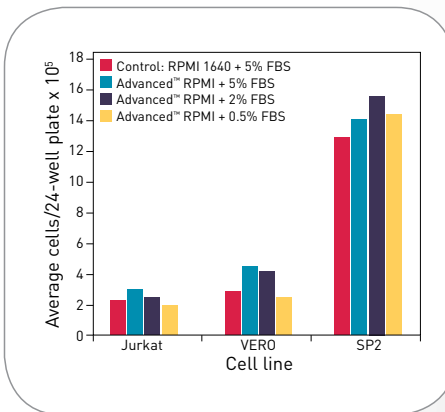
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1

It's springtime, and love is in the air for CHO-K1.

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Balanced Salts/Buffers: PBS/HBSS without Ca and Mg
Dissociation Reagent: TrypLE™ Express or Trypsin
Transfection Reagent: Lipofectamine® 3000
Selection Antibiotics: G418, Puromycin, Zeocin™ Antibiotic, Mycophenolic acid, Hygromycin B

2

Call him a teacher, or selfless, or altruistic if you like. All Jurkat wants is to be as helpful to scientists as possible. Need to study the mechanism of differential susceptibility of cancers to drugs and radiation? How about a reliable producer of IL-2? Then Jurkat is your guy.

To keep up his energy to continue his selfless devotion to science, Jurkat nourishes himself with Gibco® cell culture media.



Medium: RPMI 1640
Serum: 10% FBS standard USDA
Antibiotics: Pen-Strep, Gentamicin
Supplement/Growth Factor: GlutaMAX™-I Supplement, or L-Glutamine
Transfection Reagent: Lipofectamine® 3000
Selection Antibiotics: G418, Puromycin, Zeocin™ Antibiotic, Mycophenolic acid, Hygromycin B

3

To quote The Bard, "All the world's a stage...And one man in his time plays many parts."

Since Stem is asked to play so many roles, Shakespeare must have had him in mind when he penned those immortal words.

So, you may ask, how does Stem keep himself in shape for the demands of the job? Stem uses Gibco® special treatments and all the best media.



Medium: Essential 8™ Medium
Transfection Reagent: Lipofectamine® 3000
Supplement/Growth Factor: GlutaMAX™-I Supplement, or L-Glutamine
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cell culture



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What's your fluorescence IQ?

Think you know your fluorescence and Molecular Probes® reagents? Take our quiz and see how much you really know. Answers are provided below, but remember, no peeking!

1. LIVE/DEAD® Fixable Cell Stains have been used successfully by flow cytometrists for years to determine the viability of cells prior to fixation and permeabilization. With eight different colors of LIVE/DEAD® Fixable Cell Stains available, which color is not one of them?

- A) Aqua
- B) Magenta
- C) Far Red
- D) Near-IR

2. CellLight® reagents are ready-to-use fluorescent protein constructs targeted to specific subcellular structures. Which technology provides the efficient delivery and robust expression of CellLight® reagents?

- A) BacMam
- B) PacMan
- C) ViraSure
- D) CellPack

3. In addition to its use in monitoring cell cycle phases by flow cytometry in living cells, Vybrant® DyeCycle™ Violet Stain can also be used to identify which cell population?

- A) Embryonic cardiomyocytes
- B) Osteosarcomas
- C) Glial cells
- D) Stem cell side populations

4. pHrodo™ dyes have been widely used to measure and visualize phagocytosis. How do pHrodo™ dyes function?

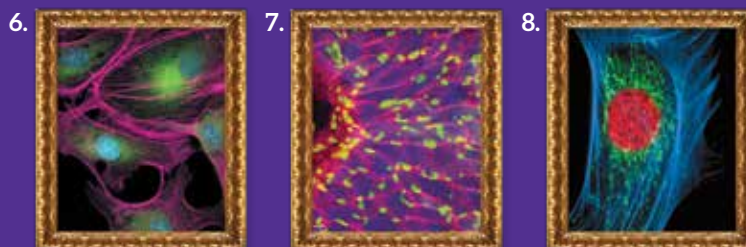
- A) By binding to internalization receptor
- B) By becoming fluorescent after a cleavage event following internalization
- C) By detecting changes in intracellular pH levels
- D) By detecting changes in intracellular calcium

5. The most complete fluorescent labeling and detection reference available, *The Molecular Probes® Handbook—A Guide to Fluorescent Probes and Labeling Technologies*, contains over 3,000 technology solutions representing a wide range of biomolecular labeling and detection reagents. How many products were in the first *Molecular Probes® Handbook* published in 1977?

- A) 75 products
- B) 250 products
- C) 500 products
- D) 1,000 products

From the Molecular Probes® Gallery

Questions 6-8 match the pictures to the answers below



- 6. A) Zebrafish tissue section. Texas Red®-X goat anti-mouse IgG, Alexa Fluor® 350 wheat germ agglutinin, SYTOX® Green nucleic acid stain.
- 7. A) A muntjac cell stained with antibodies against cytoskeletal, nuclear and mitochondrial proteins.
- 8. C) Subcellular structures in fixed and permeabilized bovine pulmonary artery endothelial cells visualized with several fluorescent dyes.

9. Now widely used in real-time master mixes, SYBR® Green dye was originally developed for what application?

- A) DNA gel stain
- B) Nuclear counterstain
- C) Chromatin condensation
- D) Apoptosis

10. Developed by Molecular Probes® scientists, fura-2 truly revolutionized the study of biological pathways. What ion does fura-2 detect?

- A) Zinc
- B) Calcium
- C) Magnesium
- D) Sodium

11. CellROX® reagents simply and reliably detect what molecules in live cells?

- A) Hydrocarbons
- B) Oxidoreductases
- C) Radioactive oxygen
- D) Reactive oxygen species (ROS)



How did you do?

1-4 correct: You're still a little green. Here's a little help. lifetechnologies.com/tutorials

5-8 correct: Don't be blue, you're on your way to becoming a fluorophore pro! Get a copy of the *Molecular Probes® Handbook* to get there faster. lifetechnologies.com/handbook

9 or more correct: You are red-hot! You really know your fluorescence. Check out products to make your research even more colorful. lifetechnologies.com/probes

Key: 1=B; 2=A; 3=D; 4=C; 5=A; 6=C; 7=A; 8=B; 9=A; 10=B; 11=D.



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