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# Smart Eating: Choosing Wisely, Living Lean

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# Smart Eating Choosing Wisely Living Lean

**Michael Clarkson**



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web if you want to keep the dna for further experiments 13 dunk several time the spooled dna into a small tube containing clean alcohol and let air dry 14 at this point you can store the dna in sterile water in the freezer notes if you do not open the lid while the wheat germ is settling carbon dioxide will build up in the tube

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web from wheat germ protocol salk institute mobile lab step 1 obtain a numbered 50 ml conical vial with 10 ml of water write your number here step 2 to the tube with 10 ml water add 1g 1 pinch of raw wheat germ the wheat germ should settle to fill 1 2 the cone step 3 cap the tube and vigorously shake to mix for about 30 seconds

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