COOMASSIE STAINING PROTEIN GELS

1. **Stain** for 5-30' in **stain** solution, shaking at room temperature. Actual time depends on thickness of the gel. Minigels are OK with 5'.

2. **Destain** shaking at room temperature with frequent changes of solution.

3. When bands are clear, dry down gel.

**Stain**
5 g Coomassie Blue R
100 ml acetic acid
500 ml methanol
400 ml H₂O

**Destain**
100 ml acetic acid
200 ml methanol
700 ml H₂O

ONE STEP COOMASSIE STAINING

1. Soak gel in 10% ethanol, 5% acetic acid.

2. Using a 1% Coomassie R-250 stock add stain to 0.0004 - 0.0016%.

3. Shake for 1 - 16 h.

4. Gel can be silver stained after use.