What you will need:

- Gatorade or Any Sports Drink
- Dish Soap or Shampoo
- Rubbing Alcohol
- Toothpicks
- Clear small cup
- Measuring spoons

Protocol:

1) Put one tablespoon of sports drink into a clean clear small cup.
2) Swish the tablespoon of sports drink in your mouth for 30 seconds and expel back into the cup.
3) Pour one teaspoon of dish soap or shampoo into the cup containing your cell/sports drink mixture.
4) Gently swirl the solution so that it makes ten rotations around the cup.
5) Leave this solution at room temperature for two minutes.
6) After the two-minute room temperature incubation, carefully hold the cup on an angle and slowly pour three teaspoons of rubbing alcohol on top of your soap, cell, and sports drink mixture. **Pour the rubbing alcohol carefully so it forms its own layer on top of the soup, cell, and sports drink mixture.** Let the cup sit at room temperature for three minutes.
7) At this point, you should see your DNA floating in the rubbing alcohol. Take a toothpick and **carefully** fish your DNA out of the rubbing alcohol. Be careful not to mix the rubbing alcohol into the rest of the solution.
8) If you want to keep the DNA pour a small amount of rubbing alcohol into an airtight container along with your DNA. This can be kept at room temperature indefinitely.