1. Homogenize tissue samples in 1mL TRI Reagent solution (very fresh or frozen).

2. Incubate the homogenate for 5 min at room temp (can be stored at -70)

3. Add 200 μL of BCP, mix well (5-15 sec), and incubate at room temp for 5–15 min.

4. Centrifuge at 12,000 x g for 10–15 min at 4°C, then transfer the aqueous phase (colorless top layer) to a fresh tube.

5. Add 500 μL of isopropanol, vortex for 5–10 sec, and incubate at room temp for 5–10 min.

**(stable step)**

6. Centrifuge at 12,000 x g for 8 min at 4–25°C, and discard the supernatant (don’t discard your pellet!)

7. Add 1 mL of 75% ethanol

**(stable step)**

8. Centrifuge at 7,500 x g for 5 min, remove the ethanol, and

briefly air dry the RNA pellet (3-5 min)(pipette off some ethanol).

9. Dissolve in 40 μL molecular grade water, heat to 50°C until dissolved.

**Use nanodrop to quant. A260/A280 ratio of 1.8–2.2 is pure enough.**