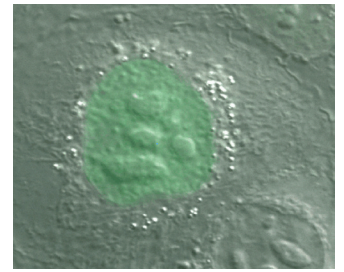
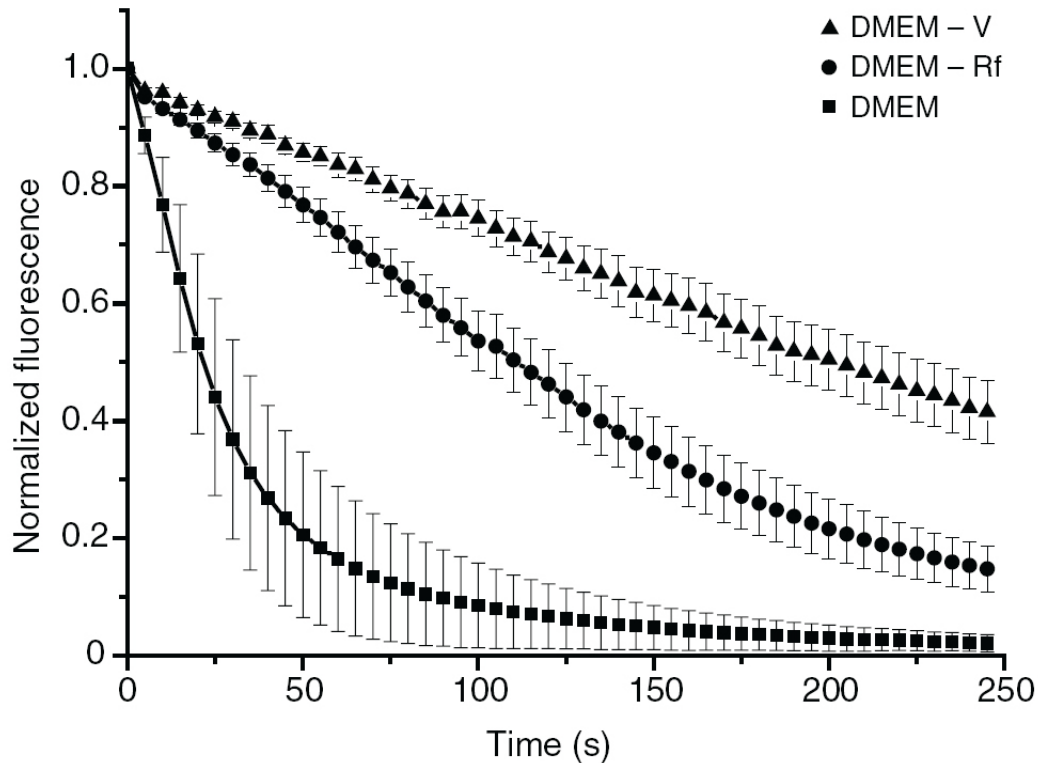


**Quick Tip:** Filming GFP in live cells?

Remove the vitamins and phenol red from the media. Seem too good to be true? We have tested it and been able to film with higher dose (more Z planes, higher temporal, longer exposure, etc) without dilating the timing of mitotic phases.



A. M. Bogdanov, *et al.*, (2009) *Cell culture medium affects GFP photostability: a solution. Nat Methods* 6(12), 859-860



Influence of cell medium on fluorescent protein photostability. Normalized bleaching curves for EGFP in live HEK293T cells

Dulbecco's Modified Eagle's Medium (DMEM)

DMEM lacking riboflavin (DMEM - Rf)

DMEM lacking all vitamins (DMEM - V)

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