Table 1. *Step-by-step method for total RNA extraction.*

Step	Procedure
1.	Prepare 1.5 ml Eppendorf-type centrifuge tubes containing 700 µl Trizol (we use T9424 from Sigma, Germany)
2.	Transfer 300 µl of each biological sample into the tubes
3.	Mix x5 by inverting
4.	Leave the tubes for 5 min at RT
5.	Centrifuge the tubes for 15 min at 12,000g at 4oC
6.	Transfer 500-600 µl of each supernatant to new tubes
7.	Add 600 µl of ice-cold isopropanol to each tube
8.	Mix x5 by inverting
9.	Transfer the tubes to -80oC and leave for 10 min
10.	Centrifuge tubes for 10 min at 12,000g at 4oC
11.	Remove supernatant
12.	Dilute RNA pellets in 75% ice-cold ethanol
13.	Centrifuge the tubes for 5 min at 12,000g at 4oC
14.	Remove the ethanol and allow the RNA pellets to dry for 10 min at RT
15.	Add 12 µl of nano-pure water to each tube
16.	Incubate the tubes for 10-15 min at 37oC
17.	Determine the RNA concentration and purity in the aqueous solution (we use a microvolume UV-Vis Spectrophotometer Q5000 (Quawell Technology, Inc. USA)