Meiosis in a nutshell

Start: One diploid cell
DNA replicates/condenses

Meiosis I

Products: 4 haploid daughter cells

[Not shown: Crossing over in meiosis I]

Interphase

细胞是二倍体 (2n=4)

Prophase I

细胞是二倍体 (2n=4)

Metaphase I

细胞是二倍体 (2n=4)

Anaphase I

细胞是二倍体 (2n=4)

Telophase I

每极是新的单倍体 (n=2)
7 Telophase I

8 Prophase II

9 Metaphase II

10 Anaphase II

11 Telophase II

12 Cytokinesis