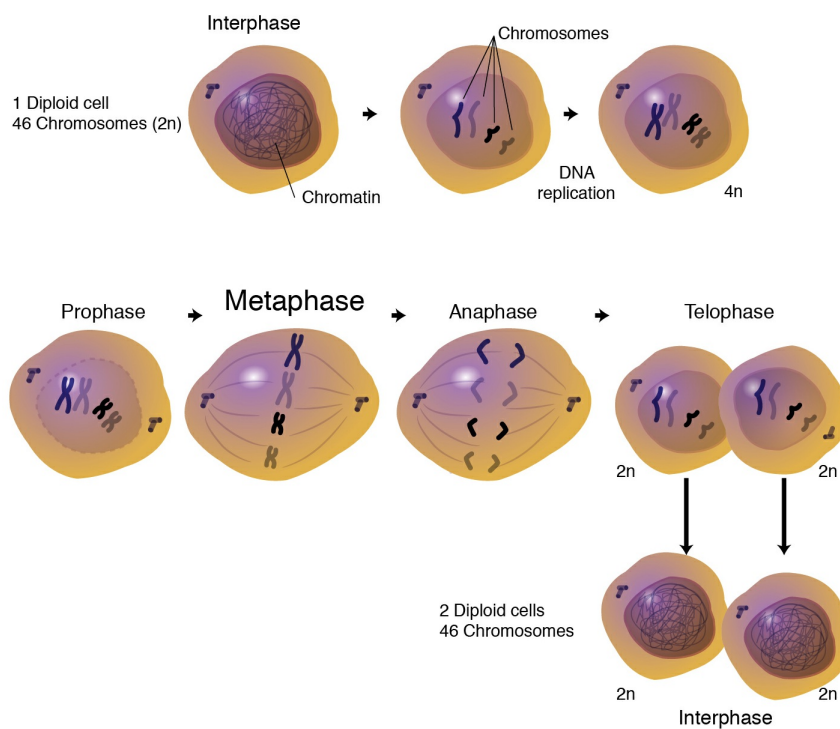


Metaphase

National Human Genome Research Institute (NHGRI)

Source

National Human Genome Research Institute (NHGRI). [Metaphase](#).



Metaphase is a stage during the process of cell division (mitosis or meiosis). Usually, individual chromosomes cannot be observed in the cell nucleus. However, during metaphase of mitosis or meiosis the chromosomes condense and become distinguishable as they align in the center of the dividing cell. Metaphase chromosomes are used during the karyotyping procedure that is used to look for chromosomal abnormalities.