



DNA's Double Helix. DNA molecules are found inside the cell's nucleus, tightly packed into chromosomes. Scientists use the term "double helix" to describe DNA's winding, two-stranded chemical structure. Alternating sugar and phosphate groups form the helix's two parallel strands, which run in opposite directions. Nitrogen bases on the two strands chemically pair together to form the interior, or the backbone of the helix. The base adenine (A) always pairs with thymine (T), while guanine (G) always pairs with cytosine (C).