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1 TITLE (74 characters with spaces)

2 Indian Ocean Salinity build-up primes Deglacial Ocean Circulation Recovery

3

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12

13 ABSTRACT (162 words)

14 The Indian Ocean provides a source of salt for North Atlantic deep-water convection

15 sites, via the Agulhas Leakage (AL), and may thus drive changes in the ocean's

16 overturning circulation<sup>6,7,8</sup>. However, little is known about salt content variability of

17 Indian Ocean and AL waters during past glacial cycles, and how this may influence

18 circulation. Here we show that the glacial Indian Ocean surface salt budget was

19 notably different from the modern, responding dynamically to changes in sea level.

20 Indian Ocean surface salinity increases during glacial intensification peaking in glacial

21 maxima. We find that this is due to rapid land exposure in the Indonesian archipelago

22 induced by glacial sea level lowering, and we suggest a mechanistic link via reduced

23 input of relatively fresh Indonesian throughflow (ITF) waters into the Indian Ocean.

24 Using new climate model results, we show that the release of this glacial Indian Ocean

25 salinity via the Agulhas Leakage during deglaciation can directly impact the Atlantic

26 meridional overturning circulation and global climate.

27

28 Main (2510 words including subheadings)

29 The surface salinity distribution in the modern Indian Ocean differs from the  
30 distribution patterns seen in the Atlantic and Pacific Oceans at comparable latitudes  
31 (Figure 1). Tropical and subtropical Atlantic and Pacific surface waters are  
32 characterised by their enhanced warmth and salinity. This is due to their re-circulation  
33 in sunny subtropical gyres with high net-evaporation. The Indian Ocean is largely  
34 located in the tropics and sub-tropics; however, modern Indian Ocean surface  
35 conditions are notably fresher than comparable latitudes in the Atlantic and Pacific.  
36 This is due to the inflow of monsoon-derived and Pacific-origin low salinity surface and  
37 thermocline waters from the Indonesian Throughflow (ITF) (Figure 1). Inflow occurs  
38 via the Timor, Lombok, and Ombai Straits<sup>1</sup>, as well as the Bay of Bengal<sup>2</sup>, and is  
39 transported across the tropical Indian Ocean via the South Equatorial Current (SEC)<sup>3,2,4</sup>.  
40 Surface water salinity does increase within the subtropical western Indian Ocean<sup>3</sup>, but  
41 the salt is then partially exported through an active Agulhas Leakage<sup>5</sup>. The addition of  
42 Indian Ocean salinity to Atlantic surface waters via the Agulhas Leakage has been  
43 proposed as a mechanism to influence global ocean circulation by enhancing the  
44 density potential at North Atlantic deep-water convection sites<sup>6,7,8</sup>. It is therefore  
45 possible that changes in the ITF and subsequent Indian Ocean surface salinity could  
46 impact global ocean circulation.

47 Here, we present coupled sea surface temperature (SST) from Mg/Ca in the planktonic  
48 foraminifer *Globigerinoides ruber* (method after ref.<sup>9</sup>) and oxygen isotope-and SST-  
49 based relative salinity reconstructions (method after ref.<sup>10</sup>) from western Indian  
50 Ocean International Ocean Discovery Program Site U1476 located in the northern  
51 entrance of the Mozambique Channel (15°49.25' S; 41°46.12' E; 2166 m) to investigate  
52 changes in the western Indian Ocean surface hydrography. This site is strongly  
53 influenced by the westward flowing SEC, with a minor contribution of recirculating  
54 waters flowing directly from the southern Indian Ocean to Madagascar, and thus  
55 tracks the hydrographic conditions of the tropical western Indian Ocean source waters  
56 that feed into the Agulhas leakage<sup>5</sup>. Our 1.2 million year (Ma)-long record provides  
57 the first evidence for changes in tropical western Indian Ocean hydrography beyond  
58 the Last Glacial Maximum (LGM).

59

## 60    Glacial salinification and warming

61    Our data show that western Indian Ocean surface salinity and temperature structures  
 62    were significantly different from modern during Pleistocene glacial stages. ED Fig. 1  
 63    shows that western SEC temperature initially cools during glacial inception from its  
 64    interglacial high. However during the middle and latter phases of glacial cycles, this  
 65    cooling trend reverses and surface waters begin to warm. In the absence of other  
 66    influences, this warming would be expected to cause a decrease in planktic  $\delta^{18}\text{O}^{11}$ .  
 67    However, we find planktic  $\delta^{18}\text{O}$  continues to increase, suggesting an increase in  $\delta^{18}\text{O}_{\text{sw}}$   
 68    and hence surface salinity. Global growth in ice volume can only account for 50% of  
 69    the glacial-interglacial difference in  $\delta^{18}\text{O}_{\text{sw}}$  throughout the last 1.2Ma (ED Fig. 2d). As  
 70    such, our data indicate a regional increase in sea surface salinity (as well as  
 71    temperature) during glacial periods. After correcting for the influence of global ice  
 72    volume changes (see Methods), our ice volume-corrected  $\delta^{18}\text{O}_{\text{sw}}$  ( $\delta^{18}\text{O}_{\text{sw-ivc}}$ ) and SST  
 73    data show average increases of  $0.83\text{‰}$  ( $\pm 0.2\text{‰}$   $2\sigma$ ) and  $4.4^{\circ}\text{C}$  ( $\pm 0.8^{\circ}\text{C}$   $2\sigma$ ), respectively  
 74    across 16 glacial cycles (ED Fig. 1). Glacial salinification occurs in 15 out of 16 glacial  
 75    cycles, with the onset of the glacial increase in  $\delta^{18}\text{O}_{\text{sw-ivc}}$  occurring on average 20kyr  
 76    prior to the glacial termination in  $\delta^{18}\text{O}_{\text{benthic}}$  (Figure 2a-d, ED Fig. 1, Methods). To  
 77    examine the regional consistency of this feature, we stacked SST and  $\delta^{18}\text{O}_{\text{sw-ivc}}$  records  
 78    across the Indian Ocean (Figures 1 and 2) by resampling each record and averaging  
 79    the resulting records using a Gaussian smooth (ED Fig. 3; Methods). The resulting  
 80    Indian Ocean  $\delta^{18}\text{O}_{\text{sw-ivc}}$  and SST stacks show the same patterns of salinification and  
 81    warming during intensification of glacial conditions (Figure 2a-d), suggesting this is an  
 82    Indian Ocean-wide phenomenon. The change in water mass properties does not apply  
 83    to Indian Ocean water source regions, such as the South China Sea (SCS) or the  
 84    western Pacific Ocean (ED Fig. 5; Methods). It is therefore likely to be connected to  
 85    dynamics in the Indian Ocean region.

86

## 87    Salinification not set up by atmosphere

Model simulations<sup>12,13</sup> and data reconstructions<sup>14,15</sup> show that Indian Ocean temperature and salinity may be influenced by atmospheric circulation and monsoon changes driven by precession. As such, we first examined precession-scale variability within U1476 and stacked  $\delta^{18}\text{O}_{\text{sw-ivc}}$  and SST using spectral analysis. We could not find any significant precessional cycle in U1476 or in the stack, but we do identify a significant 100 kyr periodicity in both, though note that caution is necessary when interpreting the spectral analysis for the  $\delta^{18}\text{O}_{\text{sw-ivc}}$  stack due to its coverage of only 345 kyr. (ED Fig. 6 and 7; Methods). This suggests that insolation-driven monsoonal variability does not drive  $\delta^{18}\text{O}_{\text{sw-ivc}}$  and SST in the western Indian Ocean, and only plays a minor role for the whole tropical and subtropical Indian Ocean. The Bay of Bengal<sup>14,15</sup> and Arabian Sea<sup>16,17</sup> have been highlighted as parts of the Indian Ocean where monsoonal changes play a key role in surface ocean salinity changes which could influence the subtropical Indian Ocean. However,  $\delta^{18}\text{O}_{\text{sw-ivc}}$  records from both locations also show 100 kyr periodicities within the last 1.2Ma (ED Fig. 8 and 9) suggesting a glacial cycle overprint on Bay of Bengal and Arabian Sea surface salinity. In fact, we find the same early salinification process in both the Bay of Bengal (ED Fig. 8) and Arabian Sea (ED Fig. 9 k-l) salinity reconstructions. This suggests that glacial salinification is a ubiquitous feature of the Indian Ocean, and points towards a large-scale mechanism that links changes in glacial ice volume to Indian Ocean surface hydrography. Additionally, while some climate model simulations<sup>12,13</sup> suggest a fresher glacial western Indian surface Ocean in line with a strengthened glacial Indian Ocean dipole compared to modern, our data indicates that the western Indian Ocean was much saltier than modern (ED Fig. 1). Hence, the mechanism for glacial Indian Ocean salinification is likely caused by ocean-intrinsic dynamics, rather than atmospheric changes.

113

#### 114 Salinification due to sea level and ITF

We find that each Indian Ocean salinification event throughout the last 1.2Ma in the  $\delta^{18}\text{O}_{\text{sw-ivc}}$  stack is induced when global mean sea level (GMSL) falls to around -48m ( $\sigma = 19\text{m}$ ) with respect to average modern sea level (Figure 2e, f). Repeating the analysis using U1476  $\delta^{18}\text{O}_{\text{sw-ivc}}$  alone yields nearly the same GMSL threshold of -48m ( $\sigma = 17\text{m}$ )

(ED Fig. 2). This suggests a systematic link between glacial sea level lowering and the Indian Ocean glacial salinification process. The Indonesian archipelago is characterised as a tectonically stable collection of large shallow seas with modern depths of around 50m<sup>18,19</sup>, and has been previously highlighted as an area of major land surface re-organisation as a result of changing sea levels<sup>20,21</sup>. During glacial periods, falling GMSL causes a shoaling of water depths in the Indonesian archipelago leading to the resurfacing of land if sea levels decrease further than -50m relative to today. To better characterise changes in the sea-land surface distribution as a result of GMSL variability and subsequent water depth changes, we ran a coupled Sea Level-topography model ANICE-SELEN (ref.<sup>22</sup>; Methods). The model provides global time-step reconstructions of land-vs-sea maps that are based on dynamical reconstructions of global ice sheet change and consideration of glacio-hydro-isostatic processes. This allows us to assess dynamic regional changes in land exposure and flooding and their relationship to GMSL. Our model results show that the greatest changes in sea-to-land surface area across the Indonesian archipelago occur when GMSL is between -2m to -8m, and -42m to -56m (ED Fig. 10). The shallower of these intervals appears to be linked to the initial exposure of shallow marine geomorphological landforms, such as shallow submarine island channels, estuaries, terraces, shore platforms, sand banks, and coral reefs. Its impact on regional circulation and Indian Ocean surface salinity is therefore small. The deeper interval is directly linked to the abrupt exposure of the Java Straits and North Australian continental shelves. The glacial resurfacing of land due to lower GMSL in the Indonesian Archipelago will have important implications for the outflow dynamics of the ITF. Indeed, we find a close correspondence between GMSL and ITF outflow strength, as reconstructed from  $\delta^{13}\text{C}_{\text{benthic}}$  in the Lombok Strait<sup>23</sup> (Figure 2g, h). This suggests that lowering global sea levels causes a reduction in the ITF outflow due to abrupt land surfacing in the Indonesian Archipelago when GMSL falls to -48m relative to today. The Java Straits and North Australian shelves have both been previously hypothesised to influence regional circulation and surface water hydrography<sup>20,23,24</sup>. The exposure of North Australian shelves may reduce the outflow profile area, and therefore the outflow volume of the ITF<sup>20,23,24</sup>, while the Java Straits influence the salinity and temperature characteristics of the ITF outflow waters that enter the Indian Ocean<sup>23,25</sup>. At times of high sea level stands, open Java Straits allow fresh water lenses

151 from the South China Seas (SCS) to enter the centre of the ITF, causing a hydrographic  
 152 blockage of surface waters<sup>23</sup>. As a result, the ITF outflow manifests itself as a  
 153 predominantly thermocline outflow into the Indian Ocean. In contrast, during times  
 154 of low sea level (GMSL < -48m relative to today), the closure of the Java Straits restricts  
 155 the inflow of freshwater lenses, reducing the blockage and allowing a surface water  
 156 driven ITF outflow<sup>23,25</sup>. This is important for ITF hydrography, since tropical surface  
 157 waters can differ strongly from thermocline waters due to evaporation. As such,  
 158 surface waters in the ITF will likely be saltier and warmer than thermocline waters and  
 159 will predominantly form the reduced glacial ITF<sup>23,25</sup>. The salinity increase we observe  
 160 during glaciation in the tropical and subtropical Indian Ocean is therefore likely linked  
 161 to a large glacial reduction in and slight salinification of the ITF-sourced fresh water  
 162 entering the Indian Ocean.

163

164 The other important Indian Ocean gateway

165 In the south west, the Agulhas Leakage (AL) provides a link between the Indian and  
 166 Atlantic Oceans. Changes in the AL strength can also influence surface hydrography in  
 167 the Indian and Atlantic Ocean (e.g. refs.<sup>26,27</sup>). AL strength reconstructions suggest that  
 168 its volume transport and/or surface temperature and salinity was reduced during  
 169 glacials within the last 500kyr<sup>28,29</sup> (Figure 2i-j). This could be linked to northward shifts  
 170 of the super gyre boundary or the dynamical subtropical front, coupled to changes in  
 171 Southern Ocean dynamics, which diminish the outflow space for warm and salty  
 172 waters between the subtropical front and the African continent<sup>30,31</sup>. It is possible that  
 173 a weakened AL could enhance the salinification process in the Indian surface Ocean  
 174 by reducing the outflow of saline waters into the Atlantic and promoting recirculation  
 175 under net-evaporative conditions in the Indian Ocean. Indeed, published records  
 176 suggest that the glacial reduction of the AL caused increased recirculation in the  
 177 southwest Indian Ocean via the Agulhas retroflection, where high evaporation led to  
 178 salinification of surface waters<sup>26</sup>. However, while Figure 3e and 3i-j show that the  
 179 increases in  $\delta^{18}\text{O}_{\text{sw-ivc}}$  were generally initiated during weak AL, in some cycles AL climbs  
 180 during glacial intensification, while Indian Ocean salinity stays consistently high.  
 181 Therefore, although the early glacial closure of the AL might have enhanced the initial

Indian Ocean salinification process by reducing the outflow of saline waters into the Atlantic, rising AL during glacial intensification would have countered further salinification, and so cannot be the key driving mechanism for the consistent glacial salinification we observe. Instead, we highlight a reduced ITF as the leading driver of glacial Indian Ocean salinification and note that the ITF strength proxy is consistently low during salinification intervals, supporting this idea (Figure 2g).

188

#### 189 A salty Indian Ocean can influence AMOC

The high salinity conditions in the glacial Indian Ocean can be traced along the Agulhas current system into the AL in the compiled records (ED Fig. 3c), and thus have the potential to increase salt concentration in the south Atlantic at times when the Indian Ocean is in a salty glacial mode, and the AL is strong. Published AL reconstructions show a resumption of the AL strength at the onset of deglaciations<sup>28,29</sup> (Figure 2i-j), and notable peaks in salinity are seen in the AL region during deglacial Heinrich stadial events<sup>32</sup>. Thus, the high salinity conditions prevalent in the Indian Ocean during glacial maxima would lead to an abrupt release of highly salty waters through enhanced AL during deglaciations, especially in Heinrich stadials, with the potential of influencing downstream salt delivery to the Atlantic meridional overturning circulation (AMOC) (Figure 4). Climate model results investigating the modern AL hint towards an influence of salty Indian Ocean waters on the salinity of the Atlantic, and therefore possibly on AMOC<sup>7</sup>. However, little is known about the impact of a salty AL on the AMOC under glacial conditions. Our data show that the salt-potential of the AL is generally highest during glacial maxima, and would remain high during Heinrich stadial events at the onset of deglaciations, when GMSL is still < -50m relative to today, and the AL strength resumes. We therefore tested the influence of enhanced AL salt import on a suppressed AMOC during a Heinrich stadial using the fully-coupled atmosphere-ocean global circulation model COSMOS<sup>33</sup> (Figure 3; Methods). To simulate this, we first equilibrated the model to LGM conditions (black triangle in Figure 3d). We then performed a classic North Atlantic hosing experiment (LGM015) applying 0.15 Sv for 500 years into the so-called Ruddiman Belt (Figure 3) to generate a weakened AMOC under LGM conditions mimicking a Heinrich stadial (see ref.<sup>33</sup>). To



test the role of an increased AL salt import to the Atlantic, the net result of enhanced deglacial leakage of particularly salty Indian Ocean water, we then conducted two freshwater extraction experiments based on LGM015 by additionally imposing constant high evaporation fluxes over the Agulhas plateau equivalent to 0.05 Sv (LGM015-SA005) and 0.1 Sv (LGM015-SA01) of freshwater extraction. This freshwater extraction occurred while freshwater hosing in the North Atlantic continued. After inducing salinification in the Agulhas plateau area, we see an AMOC recovery in both experiments occurring after ~400 years in LGM015-SA005 and ~250 years in LGM015-SA01, despite the ongoing freshwater hosing (Figure 3). This suggests that enhanced salt import via the AL can have a direct impact on a weakened AMOC and can lead to an AMOC recovery even under a persistent freshwater input in the North Atlantic, which might be expected during deglaciation<sup>8</sup>. Our results further suggest that the elevated amount of salt imported into the South Atlantic has an effect on the response time of the AMOC, with higher salinities leading to faster response times. This underlines that the glacial salinification process in the tropical and subtropical Indian surface Ocean can play an important role for not only the global overturning circulation, but also the shape of deglaciations, depending on the amount of salt harvested throughout the glacial, and the speed of release through the AL. In summary, we highlight the dynamic interplay between different components of the climate system during glacial cycles, showing that falling sea levels during glacial intensification restrict ITF, in turn salinifying the Indian Ocean, which may ultimately trigger abrupt changes in AMOC and shape glacial termination.

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371

## 372 FIGURE LEGENDS

### 373 Fig. 1 Geographic and hydrographic context of study sites

374 Modern ocean surface salinity distribution<sup>34</sup> and GEBCO2014 bathymetry<sup>35</sup> plotted  
 375 using Ocean Data view<sup>36</sup>, and orange-to-blue salinity scale, where white represents  
 376 mean ocean water ~35 psu, with key surface circulation patterns and study sites.  
 377 Fresher and saltier water mass pathways are indicated with blue and orange arrows,  
 378 respectively. Location numbers as follows: pink star ④ U1476 (this study); pink circles  
 379 ① ODP1087<sup>29, 37</sup>, ② Agulhas Bank Splice (ABS)<sup>38</sup>, ③ MD96-2048<sup>39</sup>, ④ U1476 (this  
 380 study), ⑤ WIND28K<sup>10</sup>, ⑥ TY93-929/P<sup>40</sup>, ⑦ MD90-0963<sup>41,42</sup>, ⑧ GeoB10038-4<sup>43</sup>, ⑨  
 381 MD01-2378<sup>44,45</sup>, ⑩ ODP1146<sup>46</sup>, ⑪ ODP806<sup>47</sup>. Sites ② – ⑨ are used in our Indian  
 382 Ocean data stacks. Abbreviations include Agulhas counter current (CC), South China  
 383 Sea (SCS), Indonesian throughflow (ITF), and west Pacific warm pool (WPWP).

384

### 385 Fig. 2 Records of Indian Ocean surface salinification and warming compared to 386 changes in Indonesian throughflow and sea level

387 (a) Sea surface temperature (SST) stack (z-scores relative to mean and  $\sigma = 1$ ) for the  
 388 Indian Ocean (bold orange line, from 0 - 790 ka) with upper and lower 95<sup>th</sup> percentile  
 389 indicated by orange shaded envelope, and prior to 790 ka, SST data exclusively from  
 390 U1476 SST (thin orange line; this study). (b), (d) LR04 benthic  $\delta^{18}\text{O}^{48}$  with inverted y-  
 391 axes (grey line). (c), (e) Ice volume-corrected  $\delta^{18}\text{O}_{\text{sw}}$  stack (z-scores) for the Indian  
 392 surface Ocean (bold green line from 0 – 345 ka) with upper and lower 95<sup>th</sup> percentile  
 393 indicated by green shaded envelope, and prior to 345 ka, ice volume-corrected  $\delta^{18}\text{O}_{\text{sw}}$   
 394 data exclusively from U1476 (thin green line; this study). Green diamonds in (e)  
 395 indicate the onset of glacial  $\delta^{18}\text{O}_{\text{sw-ivc}}$  increase within each glacial cycle. (f), (h) global

mean sea level<sup>49</sup> (GMSL, pink line), in (f) with GMSL at onset of  $\delta^{18}\text{O}_{\text{sw-ivc}}$  increases (green diamonds in (e)), horizontal dashed pink line is the average value of all pink circles. (g) Detrended Indonesian throughflow (ITF) outflow strength proxy<sup>23</sup> (blue line). (i) Agulhas Leakage proxy using Agulhas Leakage Fauna (ALF) counts<sup>28</sup> (light grey area). (j) Agulhas Leakage proxy using *G. menardii* counts<sup>29</sup> (dark grey spikes). Intervals of rising  $\delta^{18}\text{O}_{\text{sw-ivc}}$ -stack prior to each glacial termination are indicated with vertical grey bars. Glacial terminations are labelled at the top, and indicated with dashed vertical lines.

404

405 Fig. 3 Role of intrusion of salinification Indian water mass in deglacial AMOC strength

(a) Sea surface salinity anomaly between the normal LGM background experiment (LGM) which is equivalent to the LGM-W experiment in ref.<sup>33</sup>, and the Heinrich-stadial experiment including North Atlantic freshwater hosing (LGM015). (b) and (c) sea surface salinity anomaly between the Heinrich-stadial background setting (experiment LGM015) and anomalies of saltwater hosing experiments equivalent to removal of 0.1 Sv freshwater (LGM015-SA01), and 0.05 Sv freshwater (LGM015-SA005). The average in (b), and (c) respectively, was calculated from the 160<sup>th</sup> to 210<sup>th</sup>, and 290<sup>th</sup> to 340<sup>th</sup>, model year window. Green and purple rectangles in (a) indicate freshwater hosing and freshwater extraction (“saltwater hosing”) in the North and South Atlantic. (d) and (e) time series of AMOC indices and Agulhas Leakage salinity (average in 5° E ~ 20° E and 30° S ~ 40° S). AMOC index from the LGM background climate run (no freshwater hosing), indicated with a black arrow marker (~18 Sv). The AMOC index is defined as the maximum value of the stream function below the water depth of 500 m north of 45° N in the North Atlantic. The map was plotted using the numerical computing environment and programming language Matlab developed by MathWorks. PMIP3 LGM topography/bathymetry were taken from ref<sup>33</sup> according to the PMIP protocol<sup>50</sup>.

422

423 Fig. 4 Proposed links between sea-level induced changes in the Indonesian  
424 throughflow, Indian surface ocean salinity, and efficiency of Agulhas leakage

(a) During interglacials and glaciation, when sea level (SL) is higher than -50 m relative to today, the Indonesian archipelago is submerged leading to a strong Indonesian throughflow (ITF) and import of fresher waters into the Indian Ocean (IO) along the South Equatorial Current (SEC). This coincides with a moderately efficient Agulhas Leakage (AL) south of Africa where the subtropical front (SF) is located further south. (b) During the latter half of the glacial cycle, Indonesian archipelago channels and shallow seas are exposed due to SL lower than -50m relative to today, reducing the ITF and minimising the import of fresher waters into the IO. This coincides with equatorward-shifted glacial SF conditions and a reduced glacial AL. (c) During the onset of deglaciations, the ITF is still reduced because the Indonesian archipelago is still exposed (SL lower than -50m relative to today). However, poleward shift of the SF causes a resumption of the AL which releases highly salty Indian Ocean waters into the South Atlantic. Note all colour bars and patterns are for descriptive purposes only. Top and side panels were plotted using Ocean Data view<sup>36</sup> and bathymetry<sup>35</sup>, respectively.

440

441 METHODS (2754 words including subheadings)

442 Age model

443 The age model for U1476 was taken from ref.<sup>51</sup> who aligned U1476  $\delta^{18}\text{O}_{\text{benthic}}$  to the  
444  $\delta^{18}\text{O}_{\text{benthic}}$  probability stack<sup>52</sup>.

445

446 SST and relative salinity derivation

447 *Globigerinoides ruber* (*G. ruber*) samples were picked from U1476, then crushed and  
448 homogenised. An aliquot of 5 foraminifera was analysed for  $\delta^{18}\text{O}$  on a MAT253 with a  
449 Kiel IV preparation device at Cardiff University. The remaining samples were cleaned  
450 and dissolved in a fume hood equipped with HEPA filters under clean laboratory  
451 conditions according to ref.<sup>39</sup>. Analysis of Mg/Ca was conducted partially on a Thermo  
452 Element XR at Cardiff University, partially on an Agilent Triple Quadrupole at the  
453 University of St. Andrews. The instruments were cross-calibrated using the same in-



454 house standard. In both institutions, long term reproducibility of in-house standards  
455 yielded RSDs of 1-3 %.

456 SST were calculated from *G. ruber* Mg/Ca using the transfer function and R-script from  
457 ref.<sup>9</sup>

$$458 \quad \frac{Mg}{Ca} = e^{0.060(\pm 0.008) \times T + 0.033(\pm 0.022) \times S - 0.83(\pm 0.73) \times (pH - 8) - 1.07(\pm 0.80)}$$

459 where T is sea surface temperature, S is salinity, and pH is the negative decadic  
460 logarithm of H<sup>+</sup> ions. The method<sup>9</sup> allows for the influence of pH and salinity on Mg/Ca,  
461 and calculates SST and pH iteratively using Mg/Ca and Antarctic ice core *p*CO<sub>2</sub><sup>53</sup>. This  
462 underlies the assumption that the core site has been at CO<sub>2</sub> equilibrium, or constant  
463 disequilibrium throughout the record<sup>9</sup>. Global ocean salinity and alkalinity are  
464 calculated from the LR04 benthic  $\delta^{18}O$  stack<sup>48</sup> at each time step with modern salinity  
465 assumed as 35 psu and modern alkalinity at 2300  $\mu\text{mol/kg}$ <sup>9</sup>. For Late Pleistocene  
466 records, *p*CO<sub>2</sub> can be taken from ice core measurements<sup>53</sup>. Our data exceeds the  
467 maximum length of the ice core by several thousand years. We therefore scale the  
468 LR04 benthic  $\delta^{18}O$  stack<sup>48</sup> to the ice core *p*CO<sub>2</sub> record<sup>53</sup> (see ED Fig. 2a, b) to provide  
469 an estimate of CO<sub>2</sub> change and assign a conservative uncertainty of  $\pm 40 \mu\text{atm}$  (2  $\sigma$ )<sup>9</sup>.  
470 SST uncertainties are calculated using Monte-Carlo propagation analysis which  
471 accounts for errors on Mg/Ca measurement, SST-equation-calibration errors, salinity  
472 errors prescribed as  $\pm 1$  psu (2  $\sigma$ ), LR04 age model errors prescribed as 4 kyr, alkalinity  
473 uncertainty prescribed as -25 to +75  $\mu\text{mol/kg}$  about the modern value using a flat  
474 probability distribution<sup>9</sup>.

475 Ice volume-corrected seawater  $\delta^{18}O$  ( $\delta^{18}O_{\text{sw-ivc}}$ ) has been previously used as a proxy for  
476 changes in relative seawater salinity in the surface Indian Ocean (e.g. ref.<sup>10</sup>). We  
477 therefore correct our  $\delta^{18}O_{\text{carbonate}}$  according to

$$478 \quad \delta^{18}O_{\text{sw-ivc}} = \delta^{18}O_{\text{carbonate}} - \delta^{18}O_{\text{temperature}} - \delta^{18}O_{\text{ice volume}}$$

479 to reflect local  $\delta^{18}O_{\text{sw}}$  and interpret the results as changes in relative salinity.  
480  $\delta^{18}O_{\text{temperature}}$  was calculated from Mg/Ca-based temperatures and  $\delta^{18}O_{G. ruber}$  using the  
481 transfer function of ref.<sup>54</sup> for Indian Ocean planktonic foraminifera with a correction  
482 factor of +0.20<sup>55</sup>. Analytical errors from  $\delta^{18}O_{\text{carbonate}}$  and Monte-Carlo-errors from SST

were propagated through the calculation. To determine the best correction curve for  $\delta^{18}\text{O}_{\text{ice volume}}$  across the last 1.2Ma, we tested the impact of 4 different sea level reconstructions on the resulting  $\delta^{18}\text{O}_{\text{sw-ivc}}$  (ED Fig. 4). Reconstructions of  $\delta^{18}\text{O}_{\text{ice volume}}$  from ref.<sup>49</sup> based on the LR04 stack<sup>48</sup> gave representative results over the last ~500 kyr where different sea level reconstructions can be readily compared and also extends for the ~1.2 Myr duration of our record, and was therefore used to determine  $\delta^{18}\text{O}_{\text{sw-ivc}}$ . In Figures 2 and ED Fig. 2, we compare the U1476  $\delta^{18}\text{O}_{\text{sw-ivc}}$  record to GMSL and the change in land/sea area in the Indonesian archipelago both of which are based on calculations using the U1476  $\delta^{18}\text{O}_{\text{benthic}}$  record<sup>51</sup>. Using  $\delta^{18}\text{O}_{\text{ivc}}$  from ref.<sup>49</sup> as a correction factor may lead to age model uncertainties when comparing U1476  $\delta^{18}\text{O}_{\text{sw-ivc}}$  to U1476  $\delta^{18}\text{O}_{\text{benthic}}$ <sup>51</sup>, and -related results. We therefore also corrected the U1476  $\delta^{18}\text{O}_{\text{sw-ivc}}$  record with  $\delta^{18}\text{O}_{\text{ivc}}$  modelled in ANICE using U1476  $\delta^{18}\text{O}_{\text{benthic}}$ <sup>51</sup>. The resulting age model differences are minimal. For example, when correcting U1476  $\delta^{18}\text{O}_{\text{sw}}$  with U1476  $\delta^{18}\text{O}_{\text{ivc}}$ , salinification occurs at GMSL of -45 m ( $\sigma = 17$  m) relative to today which is nearly the same as calculated for the  $\delta^{18}\text{O}_{\text{sw-ivc}}$  stack and U1476  $\delta^{18}\text{O}_{\text{sw-ivc}}$  corrected using  $\delta^{18}\text{O}_{\text{ivc}}$  from ref.<sup>51</sup>.

To analyse the lead-lag time between our  $\delta^{18}\text{O}_{\text{sw-ivc}}$ , and SST data with  $\delta^{18}\text{O}_{\text{benthic}}$ <sup>51</sup>, we performed a cross spectral analysis **using the ARAND software package (new ref)** between  $\delta^{18}\text{O}_{\text{sw-ivc}}$ , or SST, and  $\delta^{18}\text{O}_{\text{benthic}}$ <sup>51</sup>. Both records were first clipped to 1350 ka, then subsampled to 1 kyr. The resulting cross spectral analysis calculated an average lead time of 18 kyr in the  $\delta^{18}\text{O}_{\text{sw-ivc}}$ , and 14 kyr in SST to  $\delta^{18}\text{O}_{\text{benthic}}$  at the 95 % confidence interval in the 100-ka periodicity. The phasing results show that both  $\delta^{18}\text{O}_{\text{sw-ivc}}$  and SST lead  $\delta^{18}\text{O}_{\text{benthic}}$  at the 95 % confidence interval.

506

## 507 SST and $\delta^{18}\text{O}_{\text{sw-ivc}}$ stack formation

The data for the SST and  $\delta^{18}\text{O}_{\text{sw-ivc}}$  stacks was taken from 8 cores spread across the Indian Ocean. We included all cores covering at least the Holocene and LGM at 3 - 4 kyr resolution which represent open ocean environments (i.e. to avoid coastal influences), and were able to provide: Mg/Ca- or alkenone-based SST data for the SST stack; Mg/Ca-based SST, and surface foraminifera-based  $\delta^{18}\text{O}$  for the  $\delta^{18}\text{O}_{\text{sw-ivc}}$  stack. The resulting stacks include the following cores: Agulhas Bank Slice (ABS) (Mg/Ca<sub>G. bulloides</sub>,  $\delta^{18}\text{O}_{\text{G. bulloides}}$ )<sup>38</sup>, MD96-2048 (SST<sub>Alkenone</sub>,  $\delta^{18}\text{O}_{\text{C. wuellerstorfi}}$ )<sup>39</sup>, U1476 (Mg/Ca<sub>G. ruber</sub>

515 and  $\delta^{18}\text{O}_{G.\text{ruber}}$ , this study;  $\delta^{18}\text{O}_{C.\text{wuellerstorfi}}$ <sup>51</sup>), WIND 28K ( $\text{Mg}/\text{Ca}_{G.\text{ruber}}$ ,  $\delta^{18}\text{O}_{G.\text{ruber}}$ ,  $\delta^{18}\text{O}_{C.\text{wuellerstorfi}}$ )<sup>10</sup>, TY93-929/P ( $\text{Mg}/\text{Ca}_{G.\text{ruber}}$ ,  $\delta^{18}\text{O}_{G.\text{ruber}}$ )<sup>40</sup>, MD90-0963 ( $\text{SST}_{\text{Alkenone}}$ ,  $\delta^{18}\text{O}_{G.\text{ruber}}$ )<sup>41,42</sup>, GeoB10038-4 ( $\text{Mg}/\text{Ca}_{G.\text{ruber}}$ ,  $\delta^{18}\text{O}_{G.\text{ruber}}$ ,  $\delta^{18}\text{O}_{C.\text{wuellerstorfi}}$ )<sup>43</sup>, and MD01-2378 ( $\text{Mg}/\text{Ca}_{G.\text{ruber}}$ ,  $\delta^{18}\text{O}_{G.\text{ruber}}$ )<sup>44,45</sup>. We first re-calculated SST and  $\delta^{18}\text{O}_{\text{sw-ivc}}$  data from all  
 519 cores using the same method as described in the methods above for U1476 to ensure  
 520 methodological consistency. The SST and  $\delta^{18}\text{O}_{\text{sw-ivc}}$  stacks were then created by  
 521 splicing the records together and resampling by replacement within a moving 15 kyr  
 522 window centred on each real data point. The probability of selecting each data point  
 523 within the window was adjusted using two weights. The first uses a gaussian function  
 524 ( $\sigma = 3$  kyr) to weight each point based on its distance from the centre of the window,  
 525 thus favouring closer data. The second weight is inversely proportional to the relative  
 526 representation of a given component record within the sampling window, thus acting  
 527 to mitigate sampling bias. The resampling was performed throughout the spliced  
 528 record 1000 times to produce a smoothed stack with 95% confidence intervals. Figure  
 529 2 in the main manuscript shows z-scores of the stacks.

530 We also incorporate age model uncertainties into the stack uncertainty. Because each  
 531 of the component records used in the stack use a combination of radiocarbon and  
 532  $\delta^{18}\text{O}$  alignment, we take a simple conservative approach and apply a 4 kyr  
 533 uncertainty<sup>48</sup> to the age models based on the estimated uncertainty for  $\delta^{18}\text{O}$   
 534 alignment. This uncertainty was incorporated into the stack by adapting the method  
 535 of ref.<sup>56</sup>, which involves applying an age shift of -2, -1, 0, +1, or +2 kyr (chosen with  
 536 equal probability) independently to each record during the construction of each of the  
 537 1000 synthetic records.  $\delta^{18}\text{O}$  data are shown from each core alongside LR04<sup>48</sup> in ED  
 538 Fig. 3a and demonstrate a close alignment of age models for these cores on glacial-  
 539 interglacial timescales.

540

#### 541 Alternative hypothesis testing

542 To test whether the salinification process is also evident in Indian Ocean source waters,  
 543 we additionally analysed SST core data from the western Pacific warm pool  
 544 (ODP806)<sup>47</sup> and the South China Sea (ODP1146)<sup>46</sup> for lead-lag against their respective

545  $\delta^{18}\text{O}_{\text{benthic}}$  using cross spectral analysis. For the analysis, SST and  $\delta^{18}\text{O}_{\text{benthic}}$  data from  
 546 the cores was clipped to 6 - 1168 ka, then subsampled at 1 kyr. The cross spectral  
 547 analysis was conducted between the SST data and their respective  $\delta^{18}\text{O}_{\text{benthic}}$  from the  
 548 same core using the resampled data. Neither core ODP806<sup>47</sup> or ODP1146<sup>46</sup> showed a  
 549 significant SST lead at the 95 % confidence interval.

550 We also used spectral analysis to test whether insolation or monsoon dynamics drive  
 551 our records. For this purpose, we used U1476, our calculated Indian Ocean surface  
 552  $\delta^{18}\text{O}_{\text{sw-ivc}}$  stack, and ocean sediment core U1446 from the Bay of Bengal<sup>14</sup>. We find no  
 553 significant peak in the precession band for U1476  $\delta^{18}\text{O}_{\text{sw-ivc}}$  and the Indian Ocean  
 554  $\delta^{18}\text{O}_{\text{sw-ivc}}$  stack (ED Fig. 8), and no visual correlation between U1476  $\delta^{18}\text{O}_{\text{sw-ivc}}$  and 15°  
 555 S July insolation<sup>57</sup> or African<sup>58</sup>, Indian<sup>59</sup> or Southeast Asian<sup>60</sup> monsoonal proxies (ED  
 556 Fig. 9 c-j). As already pointed out by the authors, there is a significant precession peak  
 557 for U1446<sup>14</sup> (ED Fig. 8). However, the most significant peak occurs in the 100 kyr  
 558 periodicity in all records (ED. Figs. 6 - 8). We therefore conclude that insolation and  
 559 monsoonal changes do not influence U1476 and that the monsoon signal in Indian  
 560 Ocean salinity records is overprinted by an ice volume signal to different degrees.

561

## 562 ANICE-SELEN sea level-topography model

563 Simulations of local relative sea level around the Indonesian archipelago were  
 564 executed using the coupled ice sheet – topography model ANICE-SELEN<sup>22,61</sup>. The 3D  
 565 ice-sheet model ANICE produces a paleo-GMSL record and, in this study, is forced with  
 566 U1476  $\delta^{18}\text{O}_{\text{benthic}}$  data, which acts as a proxy for global ice sheet volume<sup>62,63</sup> while also  
 567 minimising age model uncertainty in comparisons of model output to our data.  
 568 Additional inputs of present-day meteorological information, basal and ice sheet  
 569 height topography for Greenland and Antarctica, and higher resolution topography for  
 570 currently ice-free Eurasia and North America<sup>61</sup> allow it to solve the ice sheet mass  
 571 balance for four global ice sheets Greenland, Antarctica, Eurasia, and North America  
 572 on a 2D grid<sup>61</sup>. This is achieved by decomposing the  $\delta^{18}\text{O}_{\text{benthic}}$  record into its ice  
 573 volume and deep-water temperature components using an inverse approach,  
 574 modelling from the past into the present day<sup>61</sup>, where information from the  $\delta^{18}\text{O}_{\text{benthic}}$

data determines the mass balance, and in return mass balance results influence the  
 modelled  $\delta^{18}\text{O}$ . The approach assumes that changes in Northern hemisphere (NH) mid  
 latitude-to-subpolar surface-air temperature anomalies ( $\Delta T_{\text{NH}}$ ) are strongly related to  
 changes in ice volume and deep-water formation. Changes in  $\Delta T_{\text{NH}}$  are derived from  
 the difference between modelled  $\delta^{18}\text{O}$  at time  $t$ , and foraminiferal  $\delta^{18}\text{O}_{\text{benthic}}$  at time  $t$   
 + 100 years<sup>61</sup>. Bedrock deformations due to changes in ice volume and resulting  
 influences on GMSL are considered by allowing a downward deflection of the flat  
 elastic lithosphere into a viscous asthenosphere as a result of pressure exerted from  
 above. The SELEN model solves the sea level equation (SLE) accounting for glacial-  
 hydro-isostatic adjustment on a global mesh<sup>22</sup>. In the coupled ANICE-SELEN version,  
 ANICE's ice sheet thickness information, in addition to initial topography information  
 which we assume to be present-day topography in this study, is used to calculate local  
 sea level stands at each GMSL time step as a result of glacial-hydro-isostatic  
 adjustment<sup>22</sup>. Any time lags in isostatic adjustment are accounted for by predicting  
 the effect of sea level change within the next 15 time-steps (around 15 000 years).  
 This information is also returned to ANICE, leading to a more accurate prediction of  
 ice sheet height in the four regional ice sheet models. During times of transient ice  
 sheet height changes, the predicted effect is continuously updated and considers the  
 influence of previous multiple time-steps on the time-step currently calculated<sup>22</sup>. In  
 the end, ANICE-SELEN exports two important variables which involve (i) a  
 reconstruction of GMSL as time transient curve, and (ii) a reconstruction of the local  
 sea level changes as geospatial maps which are made up of land and ocean pixels.

To gain understanding of the land surfacing and flooding rates around the Indonesian  
 archipelago across the Middle to Late Pleistocene (ED Fig. 10), we began running  
 ANICE from  $t = 1.4$  Ma, then started the coupling process at 1.35 Ma with a 100 kyr  
 spin-up period (about 3 glacial cycles) to equilibrate the time-lag in isostatic  
 adjustment. To increase model-run efficiency, we disconnected SELEN after 10 glacial  
 cycles at 0.65 Ma, and ended ANICE modelling at  $t = 0$  Ma. We extracted 598 global  
 topography maps from the period between 1250 ka and 651 ka at a temporal  
 resolution of 1 kyr and a spatial resolution of 1 pixel per  $\sim 5000$  km<sup>2</sup>. Each topography  
 map is linked to a period of time, where a GMSL value is calculated from ANICE. Since

the tectonics and geomorphology of the Indonesian Archipelago appear relatively constant across the last 1.2 Ma<sup>18,19</sup>, we assume that any correlations between changes in the land-ocean ratio and GMSL should also be valid for younger glacial cycles. To calculate changes in above-sea level topography, all maps were processed in Python and cut to the same size, zooming in on the Indonesian archipelago (ED Fig. 10a). Each pixel was given a value of 0, or 1, for ocean, or land, respectively. Then, all pixels of the same value were counted up, and land-to-ocean ratios were calculated for each map as

$$R_{land-ocean} = \frac{\sum Pixel_{land}}{\sum Pixel_{ocean}}$$

Changes in the land-to-ocean ratio with respect to GMSL [m] were calculated as

$$\Delta R_{land-ocean} = \frac{R_{land-ocean}(GMSL(t+1)) - R_{land-ocean}(GMSL(t))}{GMSL(t+1) - GMSL(t)}$$

To identify trends in the sea/land ratio linked to regionally rising and falling sea level, we analysed peaks and troughs in the global mean sea level curve and defined the time between a peak and a trough as “falling”, and between a trough and a peak as “rising”. The land-ocean ratios corresponding to the different time slices were then sorted into ratios during rising, and ratios during falling GMSL, to understand the dynamics of sea/land changes that occur during rising GMSL and falling GMSL, respectively (see ED Fig. 10).

624

#### 625 Salinity influence on AMOC in COSMOS

Four ocean circulation experiments were conducted in the comprehensive climate model COSMOS<sup>33</sup>. These include the LGM (no freshwater hosing) control experiment, the LGM015 (freshwater hosing into the North Atlantic) experiment, the LGM015-SA01 (freshwater extraction in the South Atlantic equivalent to “saltwater hosing” in addition to freshwater hosing in the North Atlantic) experiment, and the LGM015-SA005 (weaker freshwater extraction in the South Atlantic equivalent to “saltwater hosing” in addition to freshwater hosing in the North Atlantic) experiment. Glacial state control settings are taken from the LGM-W experiment from ref.<sup>33</sup> which

currently provide the closest match with proxy data. We allowed the model to run until the glacial control settings were equilibrated (LGM experiment). Since deglaciations begin with Heinrich events during which the AMOC is strongly suppressed, we perturbed the equilibrium state glacial ocean circulation by imposing a constant 0.15 Sv freshwater perturbation over the ice-rafted debris belt in the North Atlantic for 500 years (LGM015) (Figure 3) representative of a 10 m/kyr GMSL rise (see also ref.<sup>33</sup>). We then investigated effects of additional salinity perturbations on the Agulhas plateau by removing freshwater from the region through enhanced evaporation. Two salt-water perturbation experiments with evaporation equivalent of the removal of 0.05 Sv (LGM015-SA005) and 0.1 Sv (LGM015-SA01) freshwater, representing 1/3 and 2/3 of the freshwater hosing force, were integrated for 800 years based on LGM015 (i.e. under the background climate of persistent freshwater input in the North Atlantic) (Figure 3). In addition, LGM015 is continued for additional 800 years to provide a control run for AMOC changes in LGM015-SA005 and LGM015-SA01. We plot AMOC variability as the AMOC index in Figure 3. Here, we define the AMOC index as the maximum value of the stream function below the water depth of 500m north of 45° N in the North Atlantic in depth-space, effectively representing changes in the rate of North Atlantic deep-water formation and AMOC.

652

#### 653 DATA AVAILABILITY

654 The geochemical datasets produced in this study are freely available at the data  
655 repository Pangea.

656

#### 657 CODE AVAILABILITY

658 Python code was used to calculate the stacks, and analyse the ANICE-SELEN image  
659 outputs. Both are freely available on Zenodo, for stack calculation  
660 (<https://zenodo.org/record/7478552>; DOI: 10.5281/zenodo.7478552), and ANICE-  
661 SELEN image processing (<https://zenodo.org/record/7471500>; DOI  
662 10.5281/zenodo.7471500).

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## AUTHOR CONTRIBUTIONS

S.N. collected, analysed and interpreted the data. S.N. wrote the paper, with support from all co-authors. J.W.B.R., M.B.A., and S.B. supported the collection, analysis, and interpretation of the data, and provided the grant. X.Z. and Y.S. conducted the GCM

820 model simulations and supported the interpretation of the results. M.D.D. computed  
 821 the data stacks and supported the interpretation of the results. B.dB. and H.T.M.  
 822 conducted model runs and postprocessing of sea level and land/sea ratio  
 823 reconstructions and supported the interpretation of the results. The samples were  
 824 collected by S.B. and I.R.H on IODP expedition 361. All authors provided comments on  
 825 the final manuscript.

826

## 827 AUTHOR INFORMATION

### 828 *Competing interests*

829 The authors declare no competing interests.

830

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833

## 834 EXTENDED DATA LEGENDS

835 Extended Data Fig. 1 U1476 sea surface hydrography reconstructions in comparison  
 836 to U1476 benthic oxygen isotopes

837 (a), (c), and (f) benthic foraminifera  $\delta^{18}\text{O}^{51}$  on inverted y-axes (light blue lines), (b)  
 838 planktonic  $\delta^{18}\text{O}_{\text{carbonate}}$  from *G. ruber* on inverted y-axis (green line; this study), (d)  
 839 planktonic Mg/Ca with log-scale y-axis and (e) calculated SSTs (red line; this study)  
 840 with Monte-Carlo propagated errors including analysis, age model, and equation  
 841 calibration errors plotted as red shaded envelope, (g) calculated ice-volume corrected  
 842  $\delta^{18}\text{O}_{\text{sw-ivc}}$  for the surface ocean as proxy for salinity, derived from the  $\delta^{18}\text{O}_{\text{G. ruber}}$  and  
 843 SST records (dark green; this study) with propagated errors including Monte-Carlo SST-,  
 844 and  $\delta^{18}\text{O}_{\text{G. ruber}}$ -analysis errors plotted as dark green shaded envelope. The centre of  
 845 each deglaciation is indicated by dashed vertical lines and labelled T1 to T16. Note the  
 846 increases in SST and  $\delta^{18}\text{O}_{\text{sw-ivc}}$  during glacial periods (grey shaded bars).

847

848 Extended Data Fig. 2 Derivation and alternative derivations of the newly presented  
 849 climate proxies

850 (a) Atmospheric CO<sub>2</sub> from Antarctic ice cores<sup>53</sup> (pink) and calculated using linear  
 851 transfer from the LR04 benthic  $\delta^{18}\text{O}$  stack<sup>48</sup> (dark red), which is plotted in (b). (c)  
 852 Resulting SST calculations using the method of ref.<sup>9</sup> with ice core CO<sub>2</sub><sup>53</sup> (pink), and  
 853 LR04<sup>48</sup>-based CO<sub>2</sub> (dark red). (d) Difference between  $\delta^{18}\text{O}$  of global ice volume<sup>49</sup> (blue)  
 854 and U1476 seawater (this study) prior to the ice volume correction (green). The large  
 855 difference suggests that there is a substantial local salinity signal which cannot be  
 856 explained by whole ocean changes. (e) Age model comparison using benthic  $\delta^{18}\text{O}$  for  
 857 all sites in Fig. 2 (this study and refs<sup>23,28,29</sup>). (f) U1476 salinity proxy (dark green; this  
 858 study); dark green diamonds highlight times of salinification onset, and (g) GMSL<sup>49</sup>  
 859 (pink) highlighting sea level stands at times of salinification onset in pink dots. The  
 860 analysis corresponds to Fig. 2e, f, and results in the same average GMSL stand (dashed  
 861 pink line) at which salinification occurs. Deglaciations are plotted as dashed vertical  
 862 lines, and intervals of rising  $\delta^{18}\text{O}_{\text{sw-ivc}}$  prior to each glacial termination are indicated  
 863 with vertical grey bars. Note y-axes in (b), (d), and (e) are inverted.

864

865 Extended Data Fig. 3 Indian Ocean salinity and temperature stack construction

866 (a) Age model comparison using benthic  $\delta^{18}\text{O}$  for all cores included in the stacks on an  
 867 inverted y-axis. The colours of the labels correspond to the coloured lines in all panels.  
 868 References for all cores are listed in Figure 1 and Methods. (b) All SST records which  
 869 are included in the SST stack. (c) All salinity proxy records which are included in the  
 870 salinity stack. (d) z-scores of all SST records included in the SST stack, the SST stack  
 871 (thick black line) with 95<sup>th</sup> percentile error envelope (grey shaded band), and an SST  
 872 stack excluding U1476 data with 95<sup>th</sup> percentile envelope (orange shaded band). (e) z-  
 873 scores of all salinity proxy records included in the salinity stack, the salinity stack (thick  
 874 black line) with 95<sup>th</sup> percentile error envelope (grey shaded band), and a salinity stack  
 875 excluding U1476 data with 95<sup>th</sup> percentile envelope (orange shaded band). Note that  
 876 there is no difference in the onset of the salinification and warming between the black

and orange stacks suggesting that U1476 does not force the stack calculations. Intervals of rising  $\delta^{18}\text{O}_{\text{sw-ivc}}$  prior to each glacial termination are indicated with vertical grey bars.

#### Extended Data Fig. 4 Salinity reconstruction using different global mean sea level corrections

(a)  $\delta^{18}\text{O}_{\text{sw-ivc}}$  records derived using 4 different GMSL reconstructions for the ice volume correction. U1476  $\delta^{18}\text{O}_{\text{benthic}}^{51}$  is plotted in b) for lead-lag comparison. Grey bars highlight the early increase in  $\delta^{18}\text{O}_{\text{sw-ivc}}$  prior to terminations. The ref.<sup>49</sup> ice volume correction allowed modelled ice volume  $\delta^{18}\text{O}$  to be used (dark green). For other GMSL reconstructions<sup>64,65</sup>, a change of 1 % in  $\delta^{18}\text{O}_{\text{benthic}}$  per 120 m GMSL, or maximum reconstructed GMSL was assumed. The colour of each  $\delta^{18}\text{O}_{\text{sw-ivc}}$  record corresponds with the referenced scenario in the other panels. (c) Absolute  $\delta^{18}\text{O}_{\text{sw-ivc}}$  amplitude of the glacial  $\delta^{18}\text{O}_{\text{sw-ivc}}$  maxima compared to the preceding minima for all 4  $\delta^{18}\text{O}_{\text{sw-ivc}}$  scenarios. The colours of the bars correspond to the referenced scenarios in (a). Note that differences between different scenarios are relatively small. (d) Corresponding ice volume  $\delta^{18}\text{O}$  curves for the 4 GMSL reconstructions. The colours of each line correspond with the referenced scenario in (a). Intervals of rising  $\delta^{18}\text{O}_{\text{sw-ivc}}$  prior to each glacial termination are indicated with vertical grey bars in (a). Note y-axes in (b) and (d) are inverted.

#### Extended Data Fig. 5 Surface hydrography in the source regions of the ITF and Indian Ocean

(a) U1476  $\delta^{18}\text{O}_{\text{sw-ivc}}$  (dark green), (b) U1476 Mg/Ca-derived sea surface temperatures (orange) (this study), and (c) U1476  $\delta^{18}\text{O}_{\text{benthic}}^{51}$  (thin blue line) from the western Indian Ocean. (d) Alkenone-derived sea surface temperatures (light pink) and (e)  $\delta^{18}\text{O}_{\text{benthic}}$  (thin blue line) from the South China Sea<sup>46</sup>. (f) Mg/Ca-derived sea surface temperatures (brown) and (g)  $\delta^{18}\text{O}_{\text{benthic}}$  (thin blue line) from the western Pacific warm pool<sup>47</sup>. Onset of U1476 glacial salinification highlighted in grey bars. Note that both

906 South China Sea, and western Pacific warm pool records do not show a similarly  
 907 consistent lead-lag pattern between their respective SST and  $\delta^{18}\text{O}_{\text{benthic}}$  data. Note  
 908  $\delta^{18}\text{O}_{\text{benthic}}$  data is presented on inverted y-axes.

909

910 Extended Data Fig. 6 Spectral analysis results for U1476 climate proxies

911 Spectral analysis of U1476 SST (a),  $\delta^{18}\text{O}_{\text{sw-ivc}}$  (b), and  $\delta^{18}\text{O}_{\text{benthic}}^{51}$  (c); as well as SST z-  
 912 score stack (e),  $\delta^{18}\text{O}_{\text{sw-ivc}}$  z-score stack (f), and LR04  $\delta^{18}\text{O}_{\text{benthic}}$  stack for comparison (g).  
 913 Peaks above the red line are significant at the 95% interval. Black dashed vertical lines  
 914 indicate precession (23 kyr), obliquity (41 kyr), and eccentricity (100 kyr) periodicities.

915

916 Extended Data Fig. 7 Cross spectral analysis results for U1476 climate proxies showing  
 917 lead-lag characteristics

918 Cross spectral analyses showing coherence (red) and phase (black) between U1476  
 919 SST,  $\delta^{18}\text{O}_{\text{sw-ivc}}$ , and  $\delta^{18}\text{O}_{\text{benthic}}^{51}$  (top, a-c); and SST stack,  $\delta^{18}\text{O}_{\text{sw-ivc}}$  stack, and LR04  
 920  $\delta^{18}\text{O}_{\text{benthic}}$  stack<sup>48</sup> (bottom, d-f). Coherence data above the red, and purple, line  
 921 indicates significant coherence between datasets at the 95 %, and 80 %, significance  
 922 level. Phase data at times of significant coherence above the black line (Phase = 0)  
 923 indicate significant lead of the first variable. Precession (23 kyr), obliquity (41 kyr), and  
 924 eccentricity (100 kyr) periodicities are indicated by vertical black dashed lines.

925

926 Extended Data Fig. 8 Spectral and cross-spectral analysis results for previously  
 927 published hydrography data from U1446 in the Bay of Bengal

928 (a) Spectral analysis of  $\delta^{18}\text{O}_{\text{benthic}}$ , and (b)  $\delta^{18}\text{O}_{\text{sw-ivc}}$ . (c) Phase and coherence between  
 929  $\delta^{18}\text{O}_{\text{benthic}}$  and  $\delta^{18}\text{O}_{\text{sw-ivc}}$ . Black horizontal line shows Phase = 0; positive/negative phase  
 930 values indicate 1<sup>st</sup> variable/2<sup>nd</sup> variable in the header leading the other variable.  
 931 Vertical brown line indicates coherence 95% confidence interval. Precession (23kyr),  
 932 obliquity (41kyr), and eccentricity (100kyr) periodicities are indicated by vertical black  
 933 dashed lines. All data that went into this analysis was previously published in (ref)<sup>14</sup>.



934

935 Extended Data Fig. 9 Indian Ocean hydroclimate proxies compared to U1476 salinity

936 (a) 15° S July summer insolation<sup>57</sup>. (b) – (d), (f), (h), (j), (l), (n), (p) U1476  $\delta^{18}\text{O}_{\text{sw-ivc}}$  (this  
 937 study). (c) U1476  $\delta^{18}\text{O}_{\text{benthic}}$ <sup>51</sup> on inverted y-axis. (e) Malawi Lake SST, proxy for African  
 938 Monsoon variability<sup>58</sup>. (g) Speleothem  $\delta^{18}\text{O}_{\text{CaCO}_3}$  from Dongge Cave, China, proxy for  
 939 Southeast Asian Summer Monsoon variability<sup>60</sup>. (i) Speleothem  $\delta^{18}\text{O}_{\text{CaCO}_3}$  from Bittoo  
 940 Cave, India, proxy for Indian Summer Monsoon variability<sup>59</sup>. (k) TY93-929/P  $\delta^{18}\text{O}_{\text{sw-ivc}}$ ,  
 941 Arabian Sea surface ocean salinity proxy<sup>40</sup>. (m) U1446  $\delta^{18}\text{O}_{\text{sw-ivc}}$ , Bay of Bengal sea  
 942 surface salinity proxy<sup>14</sup>. (o) GeoB10038-4  $\delta^{18}\text{O}_{\text{sw-ivc}}$ <sup>43</sup>, eastern Indian Ocean. Grey  
 943 vertical bars highlight the period of salinification in U1476 which is also visible in the  
 944 Arabian Sea, Bay of Bengal, and eastern Indian Ocean sea surface salinity proxies.

945

946 Extended Data Fig. 10 Changes in land surface as a function of changes in global mean  
 947 sea level

948 (a) Pixels occurring within the orange polygon were used to calculate the land/sea  
 949 ratio in each time-slice map created by the ANICE-SELEN model. (b) Change in land to  
 950 sea surface ratio in the Indonesian archipelago as modelled by the coupled ice sheet-  
 951 topography model ANICE-SELEN for a subset of 9 glacial-interglacial cycles in respect  
 952 to GMSL. Changes occurring from falling and rising sea level are plotted in blue and  
 953 orange respectively – the hysteresis between falling and rising sea levels results from  
 954 the delayed response of the solid Earth to changes in ocean water surface loading. (c)  
 955 Slope of the land/sea surface ratio as a function of GMSL to highlight specific sea levels  
 956 at which the rate of land exposure during sea level fall, or land flooding during sea  
 957 level rise, is particularly fast with respect to the change in GMSL. Vertical blue shaded  
 958 bars highlight the GMSL interval within which the change in ratios at GMSL fall is  
 959 particularly fast. The map in (a) was plotted using the library Cartopy<sup>66</sup> in Python.  
 960 Outlines for countries are taken from ref<sup>67</sup>.

Indian Ocean surface circulation







