

Millennial and centennial CO₂ release from the Southern Ocean during the last deglaciation

Yu Jimin ^{1,2,*}, Oppo Delia W. ³, Jin Zhangdong ⁴, Lacerra Matthew ⁵, Ji Xuan ², Umling Natalie E. ⁶, Lund David C. ⁷, McCave Nick ⁸, Menviel Laurie ⁹, Shao Jun ¹⁰, Xu Chen ²

¹ Pilot National Laboratory for Marine Science and Technology (Qingdao), Qingdao, China

² Research School of Earth Sciences, The Australian National University, Canberra, Australian Capital Territory, Australia

³ Department of Geology and Geophysics, Woods Hole Oceanographic Institution, Woods Hole, MA, USA

⁴ SKLLQG, Institute of Earth Environment, Chinese Academy of Sciences, Xi'an, China

⁵ Department of Geosciences, Princeton University, Princeton, NJ, USA

⁶ Department of Earth and Planetary Sciences, American Museum of Natural History, New York, NY, USA

⁷ Department of Marine Sciences, University of Connecticut, Groton, CT, USA

⁸ Department of Earth Sciences, University of Cambridge, Cambridge, UK

⁹ Climate Change Research Centre, Earth and Sustainability Science Research Centre, University of New South Wales, Sydney, New South Wales, Australia

¹⁰ Department of Earth Science, University of Southern California, Los Angeles, CA, USA

Abstract :

For its greenhouse effects, atmospheric CO₂ can critically influence the global climate on millennial and centennial timescales. Pleistocene atmospheric CO₂ variations must involve changes in ocean storage of carbon, but the mechanisms and pathways of carbon transfer between the oceanic and atmospheric reservoirs are poorly understood due, in part, to complications associated with interpretation of carbonate system proxy data. Here we employ a recently developed approach to reconstruct upper Atlantic air–sea CO₂ exchange signatures through the last deglaciation. Using this approach, proxy and model data each suggest that there was a net release of CO₂ via the Atlantic sector of the Southern Ocean during the early deglaciation, which probably contributed to the millennial-scale atmospheric CO₂ rise during Heinrich Stadial 1 at ~18.0–14.7 kyr ago. Moreover, our data reveal a previously unrecognized mechanism for the centennial-scale atmospheric CO₂ rise at the onset of the Bølling warming event around 14.7 kyr ago, namely, the expansion of Antarctic Intermediate Water, a water mass that is especially inefficient at sequestering atmospheric CO₂. Our findings highlight the role of the Southern Ocean outgassing and intermediate water-mass production and volume variations in governing millennial- and centennial-timescale atmospheric CO₂ rises during the last deglaciation.

Keywords : Biogeochemistry, Ocean sciences, Palaeoceanography, Palaeoclimate

41 Antarctic ice core data¹ reveal millennial- and centennial-timescale atmospheric CO₂ rises
42 during the last deglaciation between 18 and 10 thousand years ago (ka). Atmospheric CO₂ increased by
43 ~50 ppm during Heinrich Stadial 1 (HS1; ~18-14.7 ka). This millennial increase is generally thought to
44 be linked to Southern Ocean processes including enhanced upwelling, reduced nutrient utilization, and
45 sea ice retreat that assisted the release of ocean carbon to the atmosphere²⁻⁶. However, evidence is
46 lacking to connect the inferred outgassing at the Southern Ocean surface with the ultimate CO₂ loss
47 from the ocean interior. The origin of centennial atmospheric CO₂ rises is even less clear⁷. For
48 example, the ~12 ppm atmospheric CO₂ rise that occurred within ~200 years at the Bølling onset
49 (~14.7 ka)⁸ has been linked to the reinvigoration of North Atlantic Deep Water (NADW)⁹⁻¹¹. By
50 contrast, other studies suggest processes in the Southern Ocean and North Pacific might have

51 controlled this abrupt CO₂ rise^{6,12,13}. To fully understand past carbon cycling, further information from
52 both marine sediments and models is required.

53

54 **Air-sea CO₂ exchange tracers: DIC_{as} and [CO₃²⁻]_{as}**

55 Because air-sea CO₂ exchange directly affects atmospheric CO₂ levels, reconstructing its
56 history can provide critical insights into mechanisms controlling past atmospheric CO₂ variations.
57 While affecting atmospheric CO₂, air-sea CO₂ exchange simultaneously modifies seawater carbonate
58 chemistry. For a closed system without communication with the atmosphere and sediments, seawater
59 dissolved inorganic carbon (DIC) and phosphate ([PO₄³⁻]) would vary following the stoichiometry of
60 biogenic matter (including both soft tissue and hard-part skeletons). As [PO₄³⁻] is not affected by
61 air-sea gas exchange, a net air-sea CO₂ transfer would decouple the DIC-[PO₄³⁻] relationship. Thus, a
62 combination of DIC, [PO₄³⁻] and biogenic matter stoichiometry provides a means to calculate air-sea
63 CO₂ exchange signatures, as originally developed by Broecker and Peng¹⁴. Built upon ref. ¹⁴, Fig. 1
64 shows an air-sea exchange tracer, DIC_{as} (where subscript “as” denotes air-sea exchange), for the
65 preindustrial Atlantic^{15,16}. NADW had high DIC_{as} values and acted as a major sink for atmospheric
66 CO₂, because its source waters absorbed atmospheric CO₂ in the North Atlantic, much like today¹⁶⁻¹⁸.
67 By contrast, Antarctic Intermediate Water (AAIW) had the lowest DIC_{as} and was the water mass least
68 efficient at sequestering atmospheric CO₂, reflecting CO₂ outgassing in the Southern Ocean¹⁹. In the
69 preindustrial Southern Ocean, DIC-rich Circumpolar Deep Waters were upwelled to the surface by
70 prevailing southern westerlies in the Antarctic Zone^{2,20,21}. Owing to inefficient biological utilization of
71 nutrients and carbon, the upwelled waters had higher CO₂ partial pressures than the atmosphere,

72 resulting in CO₂ outgassing¹⁷. As long as positive sea-to-air CO₂ partial pressure gradients were
73 maintained, upwelled waters continued to outgas CO₂ until they subducted to form AAIW and lost
74 contact with the atmosphere north of the Antarctic Polar Front^{17,19,20}. DIC_{as} signals of AAIW would
75 integrate air-sea CO₂ exchange histories in broad areas (both meridionally and zonally) in the Southern
76 Ocean. Due to net CO₂ outgassing in these areas, preindustrial AAIW had low source-water
77 (“preformed”) DIC_{as} values (Fig. 1a). Compared to zones at lower latitudes in the Southern Ocean, the
78 Antarctic Zone hosted upwelling regions and had more elevated nutrient and DIC levels, presenting as
79 a stronger CO₂ source to the atmosphere^{17,19,20}. Thus, a DIC_{as} decline within AAIW would reflect
80 enhanced CO₂ outgassing, at least, in the Antarctic Zone.

81

82 Since no proxy exists for DIC, seawater carbonate ion ([CO₃²⁻]) can be used instead for the
83 geological past. Following ref. ¹⁶, tracer [CO₃²⁻]_{as} can be used to reflect DIC_{as} changes. As can be seen
84 from Fig. 1, [CO₃²⁻]_{as} shows a strong negative correlation with DIC_{as} (Extended Data Fig. 1).
85 Therefore, reconstructing [CO₃²⁻]_{as} can place constraints on DIC_{as}, which ultimately reflects air-sea
86 CO₂ exchange. More information about DIC_{as} and [CO₃²⁻]_{as} is given in the Methods. Simply put, when
87 a water mass sequesters more atmospheric CO₂, it has lower [CO₃²⁻]_{as} and higher DIC_{as}, and *vice versa*.

88

89 If a net amount of CO₂ was outgassed from the Southern Ocean, then a decrease in DIC_{as} and an
90 increase in [CO₃²⁻]_{as} would be expected in AAIW and its downstream waters. Here, we use cores from
91 the upper Atlantic to investigate air-sea CO₂ exchange histories in the Atlantic sector of the Southern
92 Ocean during the last deglaciation (Figs. 2-4). GGC90 (27.4°S, 46.6°W, 1105 m) from the Brazil

93 Margin is chosen for its proximity to AAIW and high sedimentation rate during the early deglaciation
94 (Figs. 1,2). Intermediate-water $[\text{CO}_3^{2-}]$ and $[\text{PO}_4^{3-}]$ reconstructions at GGC90 are from refs. ^{22,23} (Fig.
95 4), but these data have not yet been used to infer air-sea CO_2 exchange histories. Importantly, building
96 upon previous work²⁴, the GGC90 age model is substantially improved by 23 new radiocarbon dates
97 (Fig. 2). To constrain the pathway of air-sea CO_2 exchange, we use NEAP 4K (61.5°N, 24°W, 1627 m)
98 on Bjorn Drift south of Iceland to reconstruct the North Atlantic changes (Figs. 1,3). Benthic $\delta^{13}\text{C}$ in
99 NEAP 4K shows the characteristic mid-depth North Atlantic minimum during HS1 (Fig. 3)²⁵⁻²⁷,
100 suggesting that this core sufficiently captures major millennial-scale deglacial climatic signals of the
101 region. We present new deep-water $[\text{CO}_3^{2-}]$ and $[\text{PO}_4^{3-}]$ reconstructions at NEAP 4K using benthic
102 foraminiferal B/Ca and Cd/Ca, respectively (Fig. 3). The NEAP 4K age model is based on 4 new and
103 13 published²⁸ radiocarbon dates and new *Neogloboquadrina pachyderma* (sinistral) coiling ratios
104 (Fig. 3). Seawater $[\text{CO}_3^{2-}]_{\text{as}}$ is calculated following the approach in ref. ¹⁶, with a 2σ uncertainty of ~ 15
105 $\mu\text{mol/kg}$. Fig. 5c presents the first continuous $[\text{CO}_3^{2-}]_{\text{as}}$ records with robust age controls for the
106 Atlantic Ocean during the last deglaciation. DIC_{as} is estimated from $[\text{CO}_3^{2-}]_{\text{as}}$ using a sensitivity of
107 -0.48 (Extended Data Fig. 2)¹⁶. Consideration of influences from past changes in biogenic composition
108 and global alkalinity does not affect our conclusion (Extended Data Fig. 3). We also employ an Earth
109 System model²⁹ to investigate DIC_{as} changes and associated carbon cycling during HS1. See Methods
110 for analytical and calculation details.

111

112 **DIC_{as} constraint on millennial atmospheric CO_2 changes**

113 Compared to the early Holocene (~10-11.5 ka), intermediate-water $[\text{CO}_3^{2-}]$ and $[\text{PO}_4^{3-}]$ at
114 GGC90 were lower during the Last Glacial Maximum (LGM; ~18-22 ka) (Fig. 4). These changes
115 deviate from the biological effects which would cause an inverse relationship between seawater
116 $[\text{CO}_3^{2-}]$ and $[\text{PO}_4^{3-}]$ in a closed system¹⁶. This suggests that a change in air-sea CO_2 exchange, which
117 must have occurred when waters were in contact with the atmosphere, disrupted the $[\text{CO}_3^{2-}]$ - $[\text{PO}_4^{3-}]$
118 relationship in the intermediate South Atlantic. Our calculation shows that compared to the Holocene,
119 LGM intermediate-water $[\text{CO}_3^{2-}]_{\text{as}}$ at GGC90 was lower by ~30 $\mu\text{mol/kg}$, corresponding to a ~60
120 $\mu\text{mol/kg}$ increase in DIC_{as} (Fig. 5c). In the North Atlantic, deep-water $[\text{CO}_3^{2-}]$ at NEAP 4K show an
121 LGM-to-Holocene decrease, but this decrease is smaller than the magnitude expected from $[\text{PO}_4^{3-}]$ and
122 biogenic matter stoichiometry (Fig. 4; Methods). We calculate that LGM $[\text{CO}_3^{2-}]_{\text{as}}$ was ~15 $\mu\text{mol/kg}$
123 lower than the Holocene value, corresponding to a LGM DIC_{as} increase of ~30 $\mu\text{mol/kg}$ at NEAP 4K
124 (Fig. 5c). Together, DIC_{as} increases at GGC90 and NEAP 4K suggest enhanced atmospheric CO_2
125 storage in the glacial upper Atlantic, lending strong support for more efficient carbon sequestration by
126 both the Southern Ocean and the North Atlantic during the LGM^{2-6,16}.

127
128 During HS1, intermediate-water $[\text{CO}_3^{2-}]$ at GGC90 increased but $[\text{PO}_4^{3-}]$ remained roughly
129 stable (Fig. 4)^{22,23}. These changes lead to a $[\text{CO}_3^{2-}]_{\text{as}}$ increase by ~25 $\mu\text{mol/kg}$, corresponding to a
130 DIC_{as} decline by ~50 $\mu\text{mol/kg}$ (Fig. 5c). At NEAP 4K, deep-water $[\text{CO}_3^{2-}]$ decreased during HS1 (Fig.
131 4). Because seawater $[\text{CO}_3^{2-}]$ and DIC are generally inversely correlated³⁰, this $[\text{CO}_3^{2-}]$ decrease
132 suggests a DIC increase (~30 $\mu\text{mol/kg}$) in the mid-depth North Atlantic. Instead of reflecting greater
133 sequestration of atmospheric CO_2 , the concomitant $[\text{PO}_4^{3-}]$ increase indicates that this DIC increase
134 was largely caused by accumulation of respired carbon due to weakened overturning

135 circulation^{11,27,29,31-33} (Fig. 5b). Our calculation shows little $[\text{CO}_3^{2-}]_{\text{as}}$ and DIC_{as} change at NEAP 4K
136 during HS1. Unlike $[\text{CO}_3^{2-}]$ and $[\text{PO}_4^{3-}]$, DIC_{as} in the ocean interior is conservative and can be used to
137 infer DIC_{as} values of source waters (Methods). Neodymium isotope data from the Brazil Margin^{34,35}
138 suggest no increase in the mixing proportion of AAIW in the intermediate South Atlantic from the
139 LGM to HS1 (Fig. 5d). Given the roughly stable DIC_{as} at NEAP 4K, the observed DIC_{as} decrease at
140 GGC90 likely reflects (or passively records) a decline in preformed DIC_{as} for AAIW, and hence a net
141 loss of oceanic CO_2 to the atmosphere via the Atlantic sector of the Southern Ocean during HS1. This
142 conclusion can be drawn without using $[\text{CO}_3^{2-}]_{\text{as}}$ and DIC_{as} tracers, but using them can substantially
143 facilitate interpretation (Methods).

144

145 Our inference for HS1 is corroborated by a transient simulation performed with an Earth
146 System model²⁹ (Fig. 6; Methods). When forced by stronger southern hemisphere westerlies,
147 simulated DIC_{as} decreases in the intermediate South Atlantic (GGC90) and remains roughly stable in
148 the mid-depth polar North Atlantic (NEAP 4K), similar to our proxy reconstructions. Because DIC_{as}
149 increases in the upper ~1 km of the polar North Atlantic (Fig. 6), the DIC_{as} decrease at GGC90 must
150 point to enhanced CO_2 outgassing in the Atlantic sector (and possibly Indo-Pacific sectors) of the
151 Southern Ocean, which is directly supported by simulated air-sea CO_2 fluxes²⁹. The enhanced CO_2
152 outgassing is, at least in part, caused by reduced biological pump efficiency in the Southern Ocean.
153 During HS1, both model and proxy data show nearly constant $[\text{PO}_4^{3-}]$ at GGC90²³ (Figs. 4, 6d). Given
154 a possible decrease in respired $[\text{PO}_4^{3-}]$ due to enhanced southern ventilation and reduced surface export
155 in the Sub-Antarctic Zone^{3,22}, the lack of any decline in $[\text{PO}_4^{3-}]$ at GGC90 likely indicates a
156 compensating preformed $[\text{PO}_4^{3-}]$ increase and hence a weaker biological pump in Antarctic and Polar

157 Front zones during HS1, as supported by model results (Fig. 6d). Moreover, model results show that
158 the distribution of DIC_{as} differs markedly from those of non-conservative tracers including $[\text{CO}_3^{2-}]$ and
159 DIC (Fig. 6), highlighting potential pitfalls of relying solely on $[\text{CO}_3^{2-}]$ or DIC to infer the ocean's role
160 in affecting atmospheric CO_2 . For example, the deep-water DIC increase at NEAP 4K during HS1
161 cannot be interpreted to reflect greater atmospheric CO_2 sequestration at this site due to marginal DIC_{as}
162 variations, but instead indicates enhanced biological respiration (Fig. 6).

163

164 Published surface-water proxies including $\delta^{15}\text{N}$ and opal flux suggest generally reduced
165 nutrient utilization and enhanced upwelling in the Antarctic Zone during HS1 (Figs. 5f, g)^{2,4,6}.
166 However, $\delta^{15}\text{N}$ and opal flux mainly reflect surface nutrient utilization during phytoplankton blooming
167 seasons (usually spring/summer), whereas opal flux values and patterns differ spatially in the Antarctic
168 Zone (Extended Data Fig. 4)^{2,4,6}. While acknowledging the usefulness of various surface proxies, it
169 remains uncertain whether CO_2 released during one season (or at one location) was absorbed back into
170 the ocean in other seasons (or at another location) before surface waters sank to form
171 intermediate/deep waters. This is exemplified by heterogeneous surface-water CO_2 partial pressures
172 during the preindustrial and last deglaciation in different sectors of the Southern Ocean (Extended
173 Data Fig. 5)^{15,36,37}. In contrast to surface-water conditions, AAIW composition changes would
174 integrate effects of air-sea CO_2 exchange during all seasons across broad regions of the Southern
175 Ocean. With NEAP 4K to constrain North Atlantic changes, our reconstructed DIC_{as} decrease in
176 AAIW (GGC90) must require a net CO_2 release via the Atlantic sector of the Southern Ocean during
177 HS1 (Fig. 5c). More specifically, the little change in deep-sea coral $\delta^{15}\text{N}$ data (Fig. 5f)⁶ has been used
178 to suggest a minor role of the Antarctic Zone in controlling atmospheric CO_2 rise during the early HS1

179 (~18-16.3 ka). By contrast, the large DIC_{as} decline at GGC90, obtained from both proxy and model
180 data (Figs. 5,6), indicates that the Antarctic Zone likely acted as a CO_2 source to the atmosphere during
181 this time. Overall, our data provide strong proxy evidence to bridge a critical gap between enhanced
182 upwelling in the Southern Ocean^{2,4,6} and accomplished reduction of atmospheric CO_2 storage in the
183 ocean interior during HS1.

184

185 During the Bølling/Allerød (~14.6-12.9 ka), GGC90 and NEAP 4K data show relatively small
186 variations in $[\text{CO}_3^{2-}]$ and $[\text{PO}_4^{3-}]$ and hence $[\text{CO}_3^{2-}]_{\text{as}}$ values (Figs. 4,5c). This implies a roughly stable
187 atmospheric CO_2 storage in the upper Atlantic, a situation favourable for maintaining steady
188 atmospheric CO_2 levels¹ (Fig. 5h). During the Younger Dryas (YD; ~12.9-11.6 ka), deep-water $[\text{CO}_3^{2-}]$
189 changed little but $[\text{PO}_4^{3-}]$ increased at NEAP 4K, suggesting an ~10 $\mu\text{mol/kg}$ increase in $[\text{CO}_3^{2-}]_{\text{as}}$ and
190 an ~20 $\mu\text{mol/kg}$ decrease in DIC_{as} (Figs. 4,5c). These signals could be caused by a DIC_{as} decrease
191 associated with AAIW, as expected from enhanced upwelling and reduced nutrient utilization in the
192 Southern Ocean^{2,6} (Figs. 5f,g). Unfortunately, the sedimentation at GGC90 is too low (~3 cm/ka; Fig.
193 2) to resolve detailed changes within the YD, warranting future studies to investigate carbon cycling
194 during this time interval.

195

196 **New mechanism for centennial-scale atmospheric CO_2 rise**

197 In addition to millennial-scale changes, data from ~14.5-14.85 ka (corresponding to 72-80 cm)
198 in core GGC90 reveal a centennial-scale intermediate-water $[\text{PO}_4^{3-}]$ rise and minimal change in
199 $[\text{CO}_3^{2-}]$ (Fig. 4). These data suggest a $[\text{CO}_3^{2-}]_{\text{as}}$ increase by ~15 $\mu\text{mol/kg}$, corresponding to a ~30

200 $\mu\text{mol/kg}$ decrease in DIC_{as} (Fig. 5c). Radiocarbon dates suggest a high sedimentation rate of ~ 23
201 cm/ka ($\sim 40 \text{ year/cm}$) at this depth range in the core (Fig. 2). Thus, this DIC_{as} decrease occurred within
202 ~ 350 years or even shorter if taking bioturbation into account. The mid-point (76 cm) of the sediments
203 has an age of $14.7 \pm 0.3 \text{ ka}$ (1σ), within the age uncertainty of the Bølling onset at $14.7 \pm 0.2 \text{ ka}$ ^{8,38}. So,
204 we link the timing of this DIC_{as} decrease to the Bølling onset (Extended Data Fig. 6). At this time,
205 deep-water DIC_{as} at NEAP 4K, a site located much closer to northern-sourced waters, shows little
206 variation (Fig. 5c), pointing to Southern Ocean changes as responsible for the DIC_{as} decrease at
207 GGC90.

208

209 The Bølling onset DIC_{as} decrease observed at GGC90 is attributable to two factors: increased
210 Southern Ocean outgassing and AAIW expansion. High-resolution $\delta^{15}\text{N}$ and $\delta^{11}\text{B}$ data^{6,12} measured on
211 deep-sea corals from the Drake Passage indicate enhanced upwelling and a weakened biological pump
212 in the Antarctic Zone at $\sim 14.7 \text{ ka}$ (Fig. 5f), which would lower AAIW's preformed DIC_{as} and hence
213 DIC_{as} at GGC90. Northward AAIW expansion at the Bølling onset is supported by increasing ϵNd at
214 GGC90 (27.4°S) and sites on Demerara Rise ($\sim 8^\circ\text{N}$), nutrient reconstructions for the intermediate
215 North Atlantic ($\sim 24^\circ\text{N}$), and model results (Figs. 5d,e; Extended Data Figs. 7-9)³⁹⁻⁴³. The broad
216 latitudinal range of these data suggest extensive impacts from AAIW expansion at the Bølling onset.
217 We note that GGC90 is located below the core of AAIW (Fig. 1)^{42,44}. Because AAIW has low DIC_{as} , a
218 sudden northward expansion of AAIW would decrease intermediate-water DIC_{as} at GGC90 at the
219 Bølling onset (Figs. 1,5; Extended Data Figs. 8).

220

221 The abrupt atmospheric CO₂ rise at the Bølling onset has been linked to rapid reinvigoration of
222 NADW^{9-11,31}, but the exact mechanism linking the two remains elusive. NADW is an efficient water
223 mass to sequester atmospheric CO₂ (Fig. 1). Everything else being equal, its expansion would lower,
224 not raise, atmospheric CO₂. Thus, concomitant processes are required to counteract the effect of
225 NADW expansion. Enhanced Southern Ocean CO₂ outgassing has been suggested for the Bølling
226 onset^{6,12}. Based on our data, we propose a new mechanism, namely, AAIW expansion leading to rapid
227 atmospheric CO₂ increase, although our proposal is not mutually exclusive with other
228 hypotheses^{9,12,13}. Proxy and model data^{33,39-43} suggest that NADW production increased abruptly at
229 ~14.7 ka, necessitating increased northward transport of its source waters including AAIW (Fig. 5a-e;
230 Extended Data Figs. 7-10). Compared to NADW, AAIW had lower DIC_{as} and was less efficient at
231 sequestering atmospheric CO₂ during the last deglaciation, as expected from its higher preformed
232 [PO₄³⁻] and hence a weaker biological pump^{4,6} (Figs. 1,4,5). By reducing air-sea CO₂ storage in the
233 upper Atlantic as manifested by our reconstructed DIC_{as} decline at GGC90, AAIW expansion likely
234 contributed to the ~12 ppm atmospheric CO₂ rise at the Bølling onset (Fig. 5; Extended Data Fig. 6).
235 Due to its modest volume, relatively short residence time, and thus responsiveness to change^{21,43},
236 AAIW volume variations present as an attractive candidate to explain abrupt atmospheric CO₂
237 changes.

238 In addition to the upper Atlantic, AAIW changes could have a far-reaching impact on the
239 atmospheric CO₂ storage in broader oceanic volumes through altering NADW's compositions. As
240 illustrated in the preindustrial ocean (Fig. 1; Extended Data Fig. 10), northward AAIW transport could
241 lower DIC_{as} of intermediate waters in the (sub-)polar North Atlantic. At least part of these waters
242 would be entrained to form NADW^{21,40-42,45}, reducing its efficiency to sequester atmospheric CO₂ in

243 the vast ocean interior that NADW ventilates. Thus, AAIW expansion would decrease DIC_{as} of
244 NADW and thereby counteract any atmospheric CO_2 decline due to NADW reinvigoration and
245 associated volume expansion. A simple calculation shows that AAIW changes could lead to ~4-8 ppm
246 atmospheric CO_2 rise at the Bølling onset (Methods). Despite potentially large uncertainties, our
247 calculation suggests that AAIW changes likely played an important role in the atmospheric CO_2 rise at
248 this time. Nevertheless, the role of AAIW in controlling past atmospheric CO_2 has been
249 underappreciated. Our results highlight the importance of AAIW dynamics in regulating sharp
250 atmospheric CO_2 changes, with profound implications for understanding past and future carbon cycle
251 and climate changes.

252

253 **Acknowledgments.** We thank LX Wu for valuable discussions about AAIW, SF Gu for providing
254 model outputs shown in Fig. 5, EJ Rohling for assisting statistics, and three reviewers for their
255 constructive comments that improved our work. This study is supported by NSFC 42076056 (J.Y.)
256 NSFC41991322 (Z.J.), ARC Discovery Projects DP190100894 (J.Y.), and ARC Future Fellowship
257 FT140100993 (J.Y.) and FT180100606 (L.M.).

258 **Author contributions.** J.Y. designed the project and wrote the manuscript. D.W.O. provided critical
259 core materials for new ^{14}C dating and discussed Cd/Ca timing. Z.J. accomplished ^{14}C dating, counted
260 Nps abundance for NEAP 4K, and picked shells for trace element analyses. M.L. contributed to age
261 model discussion. X.J. assisted trace element analyses, uncertainty calculations, and figure
262 preparation. N.E.U./D.C.L. shared published data for GGC90 and discussed age model. N.M. provided
263 NEAP sediments. L.M./J.S. assisted model data. J.S. performed Rampfit analyses. C.X. assisted
264 literature data compilation and figure preparation. All commented on the manuscript.

265 **Competing interests.** The authors declare no competing interests.

266 **Correspondence and request for materials** should be addressed to J.Y. (jimin.yu@anu.edu.au)

267

268

269

270 **Figure captions:**

271 **Fig. 1 | Preindustrial Atlantic air-sea CO₂ exchange tracers. a,b**, Air-sea CO₂ exchange signatures
272 of dissolved inorganic carbon, DIC_{as} (**a**), and carbonate ion, [CO₃²⁻]_{as} (**b**). Note that AAIW had most
273 negative DIC_{as} values, presenting the least efficient water mass at sequestering atmospheric CO₂. Also
274 shown in **a** are approximate positions of oceanographic fronts and zones⁴⁵. In **b**, circles represent
275 studied sediment cores, while the inset shows GLODAP hydrographic data used to generate the
276 transects^{15,46}, following the method described in ref. ¹⁶. NADW = North Atlantic Deep Water, AABW
277 = Antarctic Bottom Water, AAIW = Antarctic Intermediate Water, AZ = Antarctic Zone, PFZ = Polar
278 Front Zone, APF = Antarctic Polar Front, and SAF = Sub-Antarctic Front.

279

280 **Fig. 2 | Age model for core GGC90. a**, Calendar ages against depth. Orange circles and dark green
281 squares are based on planktonic and benthic radiocarbon dates, respectively^{24; this study}. Open symbols
282 represent age reversals and are not used for the age model construction. The envelope shows 1σ age
283 uncertainties. The sedimentation rate is ~23 cm/ka before ~14.3 ka, but decreases to ~3 cm/ka
284 afterwards. **b**, Benthic δ¹⁸O (dark green squares) and the LR04 curve (grey curve)^{23,47}. Despite age
285 reversals associated with planktonic dates (see Methods and ref. ²⁴ for detailed discussions), benthic
286 δ¹⁸O and ¹⁴C data suggest that benthic foraminiferal shells can be used for reliable reconstructions.

287

288 **Fig. 3 | NEAP 4K deep-water reconstructions and age model. a**, *N. pachyderma* (sinistral) coiling
289 ratio (Nps%; blue squares) plotted against NGRIP δ¹⁸O⁴⁸ (dark grey curve). The age is based on Nps%
290 (triangles) and ¹⁴C (crosses) dating methods. **b**, *Cibicidoides wuellerstorfi* B/Ca and reconstructed
291 [CO₃²⁻]⁴⁹. **c**, *C. wuellerstorfi* Cd/Ca and reconstructed seawater Cd and [PO₄³⁻]. The two green circles
292 are based on *Hoeglundina elegans* Cd/Ca. **d**, *C. wuellerstorfi* δ¹³C²⁷. **e**, OxCal simulation results. The
293 envelope shows 1σ age uncertainties. During the last deglaciation, the average sedimentation rate is ~6
294 cm/ka. HOL = Holocene, YD = Younger Dryas, B/A = Bølling/Allerød, HS1 = Heinrich Stadial 1, and
295 LGM = Last Glacial Maximum.

296

297 **Fig. 4 | Downcore deep-water chemistry reconstructions. a**, carbonate ion content, [CO₃²⁻]. **b**,
298 phosphate content, [PO₄³⁻]. Data for GGC90 and NEAP 4K are from refs ^{22,23} and this study,
299 respectively. Crosses at the bottom indicate age control points. Bold curves and envelopes show
300 probability maxima and 2σ errors, respectively. Dashed curves indicate expected [CO₃²⁻] changes
301 relative to 18.5 ka, assuming that biological respiration caused the temporal [PO₄³⁻] and [CO₃²⁻]
302 changes without air-sea CO₂ exchange (Methods). GGC90 and NEAP 4K data are coded by red and
303 blue, respectively.

304

305 **Fig. 5 | Air-sea exchange tracers compared with other records. a**, Greenland NGRIP ice-core
306 δ¹⁸O³⁸. **b**, GGC5 (34°N, 58°W, 4550 m) sedimentary Pa/Th, a proxy for NADW production rates³³. **c**,

307 $[\text{CO}_3^{2-}]_{\text{as}}$ and corresponding DIC_{as} anomalies ($\Delta\text{DIC}_{\text{as}}$) relative to 18.5 ka for GGC90 (red) and NEAP
308 4K (blue) with probability maxima (bold curves) and 2σ errors (envelopes). Crosses at the bottom
309 shows age controls. **d**, ϵNd at GGC90 (red) and at ~670-1100 m (dark yellow) at the Demerara Rise
310 (~8°N)^{35,50}. **e**, Modelled cross equator AAIW transport (orange)⁴³. **f**, Antarctic Zone (AZ) $\delta^{15}\text{N}$ based
311 on deep-sea corals (curve; shading: 2σ) and diatoms (squares)^{4,6}. Deep-sea coral $\delta^{15}\text{N}$ data are shifted
312 by -7‰ to facilitate plotting with diatom data. **g**, AZ opal flux². **h**, Antarctic ice-core CO_2 ¹. Literature
313 records are plotted against their originally published age scales.

314

315 **Fig. 6 | Model results.** **a**, Anomalies (Δ) in DIC_{as} . **b**, $\Delta[\text{CO}_3^{2-}]$. **c**, ΔDIC . **d**, $\Delta[\text{PO}_4^{3-}]$. All anomalies
316 indicate changes from 17.4 ka to 16 ka during which Southern Ocean upwelling is enhanced by
317 increasing southern hemisphere westerlies²⁹. Circles show locations of sediment cores studied here.
318 See Methods for details.

319

320 References:

- 321 1 Marcott, S. A. *et al.* Centennial-scale changes in the global carbon cycle during the last
322 deglaciation. *Nature* **514**, 616-619, doi:Doi 10.1038/Nature13799 (2014).
- 323 2 Anderson, R. F. *et al.* Wind-driven upwelling in the Southern Ocean and the deglacial rise in
324 atmospheric CO_2 . *Science* **323**, 1443-1448 (2009).
- 325 3 Martinez-Garcia, A. *et al.* Iron Fertilization of the Subantarctic Ocean During the Last Ice Age.
326 *Science* **343**, 1347-1350, doi:DOI 10.1126/science.1246848 (2014).
- 327 4 Studer, A. S. *et al.* Antarctic Zone nutrient conditions during the last two glacial cycles.
328 *Paleoceanogr.* **30**, 845-862, doi:10.1002/2014pa002745 (2015).
- 329 5 Stephens, B. B. & Keeling, R. F. The influence of Antarctic sea ice on glacial-interglacial CO_2
330 variations. *Nature* **404**, 171-174, doi:Doi 10.1038/35004556 (2000).
- 331 6 Li, T. *et al.* Rapid shifts in circulation and biogeochemistry of the Southern Ocean during
332 deglacial carbon cycle events. *Sci Adv* **6**, eabb3807, doi:10.1126/sciadv.abb3807 (2020).
- 333 7 Bauska, T. K. *et al.* Carbon isotopes characterize rapid changes in atmospheric carbon dioxide
334 during the last deglaciation. *P Natl Acad Sci USA* **113**, 3465-3470,
335 doi:10.1073/pnas.1513868113 (2016).
- 336 8 Rasmussen, S. O. *et al.* A stratigraphic framework for abrupt climatic changes during the Last
337 Glacial period based on three synchronized Greenland ice-core records: refining and extending
338 the INTIMATE event stratigraphy. *Quat. Sci. Rev.* **106**, 14-28,
339 doi:10.1016/j.quascirev.2014.09.007 (2014).
- 340 9 Galbraith, E. D. *et al.* Carbon dioxide release from the North Pacific abyss during the last
341 deglaciation. *Nature* **449**, 890-893 (2007).
- 342 10 Barker, S., Knorr, G., Vautravers, M., Diz, P. & Skinner, L. Extreme deepening of the Atlantic
343 overturning circulation during deglaciation. *Nature Geoscience* **3**, 567-571 (2010).
- 344 11 Chen, T. *et al.* Synchronous centennial abrupt events in the ocean and atmosphere during the
345 last deglaciation. *Science* **349**, 1537-1541, doi:10.1126/science.aac6159 (2015).

- 346 12 Rae, J. W. B. *et al.* CO₂ storage and release in the deep Southern Ocean on millennial to
347 centennial timescales. *Nature* **562**, 569-573, doi:10.1038/s41586-018-0614-0 (2018).
- 348 13 Gray, W. R. *et al.* Deglacial upwelling, productivity and CO₂ outgassing in the North Pacific
349 Ocean. *Nature Geoscience* **11**, 340-344, doi:10.1038/s41561-018-0108-6 (2018).
- 350 14 Broecker, W. & Peng, T. H. Interhemispheric transport of carbon dioxide by ocean circulation.
351 *Nature* **356**, 587-589 (1992).
- 352 15 Key, R. M. *et al.* A global ocean carbon climatology: Results from Global Data Analysis
353 Project (GLODAP). *Glob. Biogeochem. Cycle* **18**, doi: 10.1029/2004GB002247,
354 doi:10.1029/2004GB002247 (2004).
- 355 16 Yu, J. *et al.* More efficient North Atlantic carbon pump during the Last Glacial Maximum. *Nat*
356 *Commun* **10**, ARTN 2170, 2110.1038/s41467-41019-10028-z, doi:ARTN 2170,
357 10.1038/s41467-019-10028-z (2019).
- 358 17 Takahashi, T. *et al.* Global sea-air CO₂ flux based on climatological surface ocean pCO₂, and
359 seasonal biological and temperature effects. *Deep-Sea Res. II* **49**, 1601-1622 (2002).
- 360 18 Gloor, M. *et al.* A first estimate of present and preindustrial air-sea CO₂ flux patterns based on
361 ocean interior carbon measurements and models. *Geophysical Research Letters* **30**,
362 10-11-10-14, doi:doi:10.1029/2002GL015594 (2003).
- 363 19 Gruber, N. *et al.* Oceanic sources, sinks, and transport of atmospheric CO₂. *Glob. Biogeochem.*
364 *Cycle* **23**, doi:Artn Gb1005, 10.1029/2008gb003349 (2009).
- 365 20 Sarmiento, J. L. & Gruber, N. *Ocean Biogeochemical Dynamics*. (Princeton University Press,
366 2006).
- 367 21 Talley, L. D. Closure of the Global Overturning Circulation Through the Indian, Pacific, and
368 Southern Oceans: Schematics and Transports. *Oceanography* **26**, 80-97 (2013).
- 369 22 Lacerra, M. *et al.* Less Remineralized Carbon in the Intermediate-Depth South Atlantic During
370 Heinrich Stadial 1. *Paleoceanography and Paleoclimatology* **0**, doi:10.1029/2018pa003537
371 (2019).
- 372 23 Umling, N. E. *et al.* Atlantic Circulation and Ice Sheet Influences on Upper South Atlantic
373 Temperatures During the Last Deglaciation. *Paleoceanography and Paleoclimatology* **0**,
374 doi:10.1029/2019pa003558 (2019).
- 375 24 Lund, D. C., Tessin, A. C., Hoffman, J. L. & Schmittner, A. Southwest Atlantic water mass
376 evolution during the last deglaciation. *Paleoceanogr.* **30**, 477-494,
377 doi:10.1002/2014PA002657 (2015).
- 378 25 Thornalley, D. J. R., Elderfield, H. & McCave, I. N. Intermediate and deep water
379 paleoceanography of the northern North Atlantic over the past 21,000 years. *Paleoceanogr.* **25**,
380 PA1211, doi:1210.1029/2009PA001833 (2010).
- 381 26 Oppo, D. W. & Lehman, S. J. Mid-depth circulation of the subpolar North Atlantic during the
382 last glacial maximum. *Science* **259**, 1148-1152 (1993).
- 383 27 Rickaby, R. E. M. & Elderfield, H. Evidence from the high-latitude North Atlantic for
384 variations in Antarctic Intermediate water flow during the last deglaciation. *Geochem.*
385 *Geophys. Geosyst.* **6**, Q05001, doi:05010.01029/02004GC000858 (2005).
- 386 28 Hall, I. R., Bianchi, G. G. & Evans, J. R. Centennial to millennial scale Holocene climate-deep
387 water linkage in the North Atlantic. *Quat. Sci. Rev.* **23**, 1529-1536,
388 doi:10.1016/j.quascirev.2004.04.004 (2004).

- 389 29 Menviel, L. *et al.* Southern Hemisphere westerlies as a driver of the early deglacial
390 atmospheric CO₂ rise. *Nat Commun* **9**, doi:ARTN 2503, 10.1038/s41467-018-04876-4 (2018).
- 391 30 Yu, J. *et al.* Sequestration of carbon in the deep Atlantic during the last glaciation. *Nature*
392 *Geoscience* **9**, 319-324, doi:10.1038/NGEO2657 (2016).
- 393 31 Lacerra, M., Lund, D., Yu, J. & Schmittner, A. Carbon storage in the mid-depth Atlantic during
394 millennial-scale climate events. *Paleoceanogr.* **32**, 780-795, doi:10.1002/2016PA003081
395 (2017).
- 396 32 Schmittner, A. & Lund, D. C. Early deglacial Atlantic overturning decline and its role in
397 atmospheric CO₂ rise inferred from carbon isotopes (delta C-13). *Climate of the Past* **11**,
398 135-152, doi:10.5194/cp-11-135-2015 (2015).
- 399 33 McManus, J. F., Francois, R., Gherardi, J. M., Keigwin, L. D. & Brown-Leger, S. Collapse and
400 rapid resumption of Atlantic meridional circulation linked to deglacial climate changes. *Nature*
401 **428**, 834-837, doi:Doi 10.1038/Nature02494 (2004).
- 402 34 Howe, J. N. W. *et al.* Similar mid-depth Atlantic water mass provenance during the Last
403 Glacial Maximum and Heinrich Stadial 1. *Earth Planet. Sci. Lett.* **490**, 51-61,
404 doi:<https://doi.org/10.1016/j.epsl.2018.03.006> (2018).
- 405 35 Poppelmeier, F. *et al.* Water mass gradients of the mid-depth Southwest Atlantic during the
406 past 25,000 years. *Earth Planet. Sci. Lett.* **531**, doi:ARTN 115963, 10.1016/j.epsl.2019.115963
407 (2020).
- 408 36 Moy, A. D. *et al.* Varied contribution of the Southern Ocean to deglacial atmospheric CO₂ rise.
409 *Nature Geoscience* **12**, 1006-+, doi:10.1038/s41561-019-0473-9 (2019).
- 410 37 Martinez-Boti, M. A. *et al.* Boron isotope evidence for oceanic carbon dioxide leakage during
411 the last deglaciation. *Nature* **518**, 219-U154, doi:10.1038/nature14155 (2015).
- 412 38 Veres, D. *et al.* The Antarctic ice core chronology (AICC2012): an optimized multi-parameter
413 and multi-site dating approach for the last 120 thousand years. *Climate of the Past* **9**,
414 1733-1748, doi:10.5194/cp-9-1733-2013 (2013).
- 415 39 Liu, Z. *et al.* Transient simulation of last deglaciation with a new mechanism for
416 Bolling-Allerod warming. *Science* **325**, 310-314, doi:DOI 10.1126/science.1171041 (2009).
- 417 40 Came, R. E., Oppo, D. W. & Curry, W. B. Atlantic Ocean circulation during the Younger
418 Dryas: Insights from a new Cd/Ca record from the western subtropical South Atlantic.
419 *Paleoceanogr.* **18**, Artn 1086, doi: 1010.1029/2003pa000888, doi:10.1029/2003pa000888
420 (2003).
- 421 41 Came, R. E., Oppo, D. W., Curry, W. B. & Lynch-Stieglitz, J. Deglacial variability in the
422 surface return flow of the Atlantic meridional overturning circulation. *Paleoceanogr.* **23**, Artn
423 Pa1217, doi:10.1029/2007pa001450 (2008).
- 424 42 Oppo, D. & Curry, W. Deep Atlantic Circulation During the Last Glacial Maximum and
425 Deglaciation. *Nature Education Knowledge* **3**, 1 (2012).
- 426 43 Gu, S. F. *et al.* Coherent Response of Antarctic Intermediate Water and Atlantic Meridional
427 Overturning Circulation During the Last Deglaciation: Reconciling Contrasting Neodymium
428 Isotope Reconstructions From the Tropical Atlantic. *Paleoceanogr.* **32**, 1036-1053,
429 doi:10.1002/2017pa003092 (2017).
- 430 44 Curry, W. B. & Oppo, D. Glacial water mass geometry and the distribution of $\delta^{13}\text{C}$ of ΣCO_2 in
431 the western Atlantic Ocean. *Paleoceanogr.* **20**, PA1017, doi:1010.1029/2004PA001021
432 (2005).

- 433 45 Talley, L. D., Pickard, G. L., Emery, W. J. & Swift, J. H. *Descriptive Physical Oceanography:*
434 *An Introduction (Sixth Edition)*. (Elsevier, 2011).
- 435 46 Schlitzer, R. Ocean Data View. <https://odv.awi.de/> (2006).
- 436 47 Lisiecki, L. E. & Raymo, M. E. A Pliocene-Pleistocene stack of 57 globally distributed benthic
437 $\delta^{18}\text{O}$ records. *Paleoceanogr.* **20**, PA1003, doi:10.1029/2004PA001071 (2005).
- 438 48 NGRIP_members. High-resolution record of Northern Hemisphere climate extending into the
439 last interglacial period. *Nature* **431**, 147-151, doi:Doi 10.1038/Nature02805 (2004).
- 440 49 Yu, J. M. & Elderfield, H. Benthic foraminiferal B/Ca ratios reflect deep water carbonate
441 saturation state. *Earth Planet. Sci. Lett.* **258**, 73-86, doi: 10.1016/j.epsl.2007.1003.1025
442 (2007).
- 443 50 Huang, K. F., Oppo, D. W. & Curry, W. B. Decreased influence of Antarctic intermediate
444 water in the tropical Atlantic during North Atlantic cold events. *Earth Planet. Sci. Lett.* **389**,
445 200-208, doi:10.1016/j.epsl.2013.12.037 (2014).

446

447

448

449 **Methods**

450 **Air-sea CO_2 exchange tracers: DIC_{as} and $[\text{CO}_3^{2-}]_{\text{as}}$.** Various methods have been used to investigate
451 past carbon cycle (e.g., refs ^{2,51-59}). Here we employ air-sea CO_2 exchange tracers, DIC_{as} and $[\text{CO}_3^{2-}]_{\text{as}}$,
452 to investigate how the storage of atmospheric CO_2 changed in the ocean interior during the last
453 deglaciation. Due to their novelty and innate applications to paleoceanography, we briefly describe
454 concepts of DIC_{as} and $[\text{CO}_3^{2-}]_{\text{as}}$. We refer the reader to ref. ¹⁶ for calculation details. Assuming no
455 air-sea exchange, $[\text{PO}_4^{3-}]$ -DIC of a package of water would be coupled and change following the
456 biogenic matter stoichiometry (including Redfield ratio and rain ratio, the latter of which indicates the
457 soft-to-hard part molar carbon ratio)¹⁴. If a net air-sea CO_2 exchange occurs, then DIC - $[\text{PO}_4^{3-}]$ would
458 decouple. The air-sea CO_2 exchange signal can be described using DIC_{as} , following the approach from
459 Broecker and Peng¹⁴. This approach has been used to calculate anthropogenic CO_2 in the ocean by
460 recent studies (e.g., ref. ⁶⁰) as well as glacial air-sea CO_2 exchange histories (ref. ¹⁶; see also Fig. 6).
461 The approach corrects for DIC changes due to evaporation and precipitation effects, and within ocean

462 DIC redistribution associated with organic carbon and CaCO_3 production and deconstructions. After
463 these corrections, we can obtain DIC_{as} which reflects the net effect of air-sea CO_2 exchange that occurs
464 at the ocean-atmosphere interface¹⁶. Fig. 1a shows the DIC_{as} distribution in the preindustrial Atlantic
465 Ocean using the GLODAP data set¹⁵.

466
467 Owing to the lack of a quantitative proxy for DIC, we use a linked CO_2 system parameter,
468 $[\text{CO}_3^{2-}]$, to calculate another air-sea CO_2 tracer termed $[\text{CO}_3^{2-}]_{\text{as}}$ (Fig.1 b), which is used to reflect
469 changes in $[\text{CO}_3^{2-}]$ due to air-sea CO_2 exchange¹⁶. The calculation accounts for effects of temperature,
470 salinity, and pressure changes (because these changes would affect $[\text{CO}_3^{2-}]$ via affecting the CO_2
471 system dissociation constants, even without any net air-sea CO_2 exchange), and corrects for
472 within-ocean DIC redistribution associated with biological processes as is done for DIC_{as} calculations.
473 As expected from the CO_2 system theory³⁰, DIC_{as} and $[\text{CO}_3^{2-}]_{\text{as}}$ are strongly negatively correlated (Fig.
474 1; Extended Data Fig. 1).

475
476 DIC_{as} and $[\text{CO}_3^{2-}]_{\text{as}}$ are calculated using a reference condition of $[\text{PO}_4^{3-}] = 2.2 \mu\text{mol/kg}$ (the
477 global mean ocean value), salinity = 35‰, temperature = 3°C, and pressure = 2500 dbar. Using a
478 different reference condition (e.g., $[\text{PO}_4^{3-}] = 1.3 \mu\text{mol/kg}$) has no effect on their spatial/temporal
479 patterns or their correlation. See ref. ¹⁶ for detailed discussions.

480
481 It is important to note that air-sea CO_2 exchange signals induced by marine biological and
482 physical processes are preserved during the $[\text{CO}_3^{2-}]_{\text{as}}$ calculations. To better understand our
483 calculations, we present the following two examples.

- 484 1. Cooling at a certain deep-water formation region would decrease $[\text{CO}_3^{2-}]$ for two reasons: (i)
485 changes in the CO_2 system dissociation constants due to cooling, and (ii) more atmospheric
486 CO_2 absorption due to an enhanced solubility pump. In contrast to (ii), no air-sea CO_2 change
487 is involved in (i). In the calculation of $[\text{CO}_3^{2-}]_{\text{as}}$, the temperature correction only removes
488 influences from (i) but preserves the effect of air-sea CO_2 exchange from (ii).
- 489 2. An enhanced nutrient utilization can have the following two effects: (i) to decrease surface
490 nutrient and DIC due to phytoplankton consumption, which increases seawater $[\text{CO}_3^{2-}]$, and
491 (ii) to lower surface CO_2 partial pressure and absorb more atmospheric CO_2 , which decreases
492 seawater $[\text{CO}_3^{2-}]$. Only (ii) involves air-sea CO_2 exchange. Our $[\text{CO}_3^{2-}]_{\text{as}}$ calculation only
493 corrects for the effect from (i).

494

495 Seawater $[\text{CO}_3^{2-}]_{\text{as}}$ has the following characteristics:

- 496 • A water mass' source-water (i.e., "preformed") $[\text{CO}_3^{2-}]_{\text{as}}$ integrates the effects of processes
497 including solubility (linked to temperature and salinity changes) and biological (linked to
498 nutrient changes) pump strengths, air-sea contact time (affected by surface residence time of
499 source waters and sea ice covers), and gas exchange rates (linked to wind speeds)^{17,61,62}.
- 500 • Preformed $[\text{CO}_3^{2-}]_{\text{as}}$ reflects the net CO_2 exchange (by all processes mentioned above) between
501 the ocean and the atmosphere at the ocean surface prior to sinking.
- 502 • More CO_2 absorption would lead to lower preformed $[\text{CO}_3^{2-}]_{\text{as}}$, and *vice versa*.
- 503 • In the ocean interior, a $[\text{CO}_3^{2-}]_{\text{as}}$ at any location is determined by preformed $[\text{CO}_3^{2-}]_{\text{as}}$ values of
504 water masses involved and their mixing proportions.

- 505 • During water mass mixing, $[\text{CO}_3^{2-}]_{\text{as}}$ is conservative, not affected by DIC or $[\text{PO}_4^{3-}]$ changes
506 associated with biological respiration.
- 507 • Given a knowledge about water mass mixing, $[\text{CO}_3^{2-}]_{\text{as}}$ changes in the ocean interior can be
508 used to infer preformed $[\text{CO}_3^{2-}]_{\text{as}}$ changes, which provides information about air-sea exchange
509 at the surface.
- 510 • Compared to $[\text{CO}_3^{2-}]$ which is affected by biological respiration, using $[\text{CO}_3^{2-}]_{\text{as}}$ allows more
511 direct links to atmospheric CO_2 changes.
- 512 • The *calculation* of seawater $[\text{CO}_3^{2-}]_{\text{as}}$ involves $[\text{CO}_3^{2-}]$ and $[\text{PO}_4^{3-}]$, but does not require a prior
513 knowledge about preformed $[\text{PO}_4^{3-}]$ values. This does *not* mean preformed $[\text{PO}_4^{3-}]$ changes
514 have no effect on $[\text{CO}_3^{2-}]_{\text{as}}$, because they often do via changing surface CO_2 partial pressure
515 and air-sea CO_2 flux. For an example, see “Other approaches to interpret GGC90 data during
516 HS1” below.
- 517 • A package of water with a higher $[\text{CO}_3^{2-}]_{\text{as}}$ stores less atmospheric CO_2 (or releases more CO_2
518 to the atmosphere), and *vice versa*.
- 519 • The temporal evolution of seawater $[\text{CO}_3^{2-}]_{\text{as}}$ may be affected by the global alkalinity and DIC
520 changes associated with CaCO_3 input-output imbalances between the ocean and sediments, but
521 the effect is generally gradual⁶³ and can be investigated based on marine sediment evidence
522 and simulation results (see Extended Data Fig. 3).

523

524 **Cores, samples, analytical methods, and age models.** For GGC90, benthic foraminiferal B/Ca and
525 Cd/Ca data are from Lacerra et al.²² and Umling et al.²³, respectively. Built upon previous work²⁴, the
526 age model of the core is improved by 5 new planktonic radiocarbon dates (Fig. 2). While there are clear

527 age reversals in the planktonic foraminiferal ^{14}C results, stable isotope analyses of individual benthic
528 foraminifera show limited effect of bioturbation in this core. As discussed in Lund et al. (2015)²⁴, the
529 age reversals reflect downward burrowing of carbonate-rich Holocene age material with abundant
530 planktonic foraminifera but sparse benthic foraminifera. As a result, the planktonic ^{14}C age model can
531 display age reversals while the benthic $\delta^{18}\text{O}$ time series lack evidence of bioturbation. The robustness
532 of our age model is corroborated by 18 new benthic foraminiferal radiocarbon dates (Fig. 2). At
533 GGC90, no large surface reservoir age is expected due to its subtropical gyre setting where air-sea
534 radiocarbon exchange is close to equilibrium²³. Previous work suggests little change in the ventilation
535 ages at intermediate water depths off the Brazil Margin⁶⁴. We thus converted radiocarbon ages
536 converted into calendar ages using the CALIB 7.01⁶⁵ with the Marine13 calibration curve⁶⁶ and ΔR
537 values of 0 ± 200 years (planktonics) and 1000 ± 200 years (benthics) (1σ). The age uncertainty is
538 estimated using the OxCal program⁶⁷. At GGC90, sedimentation rates varied from ~ 3 cm/ka during
539 10-14.3 ka to ~ 23 cm/ka during 14.3-20 ka (Fig. 2), favourable for early deglacial reconstructions.

540

541 For NEAP 4K, about 20 cm^3 of sediment from each sample (~ 1 cm thickness) was disaggregated
542 in de-ionized water and was wet sieved through $63\ \mu\text{m}$ sieves. The epifaunal benthic foraminiferal
543 species *C. wuellerstorfi* was picked from the 250-500 μm size fraction. To ensure comparability of
544 data with GGC90, we used the same analytical procedures to measure trace elements in NEAP 4K. For
545 each sample, ~ 10 -20 shells were picked and then double checked under a microscope before crushing
546 to ensure that consistent morphologies were used throughout the core. For trace element analyses ($n =$
547 28 pairs), all foraminiferal shells were cleaned with the “Cd-cleaning” protocol^{27,68,69}. Benthic B/Ca
548 and Cd/Ca ratios (Fig. 3) were measured on an inductively-coupled plasma mass spectrometer

549 (ICP-MS) using procedures outlined in ref. ⁷⁰, with an analytical error better than ~4% (2 σ). Mn/Ca
550 and Al/Ca were also measured, and they showed no correlation with Cd/Ca or B/Ca, suggesting
551 minimal influences from silicate or diagenetic coatings. The age model for NEAP 4K is based on
552 published²⁸ and new radiocarbon dates as well as new *Neogloboquadrina pachyderma* (sinistral)
553 abundance counting (Fig. 3). Radiocarbon ages were converted into calendar ages using the CALIB
554 7.01⁶⁵ with the Marine13 calibration curve⁶⁶. Previous work⁷¹ suggested significant increases in
555 glacial surface reservoir ages at the core location, possibly linked to insufficient air-sea radiocarbon
556 exchange in the polar North Atlantic. Following ref. ⁷², surface ΔR values are assigned to be 0 \pm 200
557 years and 400 \pm 500 years (1 σ) for <165 cm (corresponding to the Holocene) and >180 cm
558 (corresponding to the LGM), respectively. No radiocarbon dating is used for the HS1. Uncertainties of
559 the age model are estimated using the OxCal program⁶⁷. Our data reveal a mean sedimentation rate of
560 ~6 cm/ka during the last deglaciation (Fig. 3).

561

562 **Benthic B/Ca to deep-water [CO₃²⁻].** At NEAP 4K, deep-water [CO₃²⁻] values are reconstructed
563 using benthic B/Ca^{30,49} from $[\text{CO}_3^{2-}]_{\text{downcore}} = [\text{CO}_3^{2-}]_{\text{PI}} + \Delta\text{B/Ca}_{\text{downcore-coretop}}/k$, where $[\text{CO}_3^{2-}]_{\text{PI}}$ is the
564 preindustrial (PI) deep-water [CO₃²⁻] value estimated from the GLODAP dataset¹⁵, $\Delta\text{B/Ca}_{\text{downcore-coretop}}$
565 represents the deviation of B/Ca of down-core samples from the core-top value, and k is the
566 B/Ca-[CO₃²⁻] sensitivity of *C. wuellerstorfi* (1.14 $\mu\text{mol/mol}$ per $\mu\text{mol/kg}$)⁴⁹. We use a reconstruction
567 uncertainty (2 σ) of 10 $\mu\text{mol/kg}$ in [CO₃²⁻] based on global core-top calibration samples^{49,73}. For
568 GGC90, deep-water [CO₃²⁻] reconstructions are reconstructed using *Cibicides pachyderma* B/Ca
569 (ref. ²²) and a calibration specific to this species (ref. ⁷⁴), with a reconstruction error of 10 $\mu\text{mol/kg}$
570 (2 σ).

571

572 **Benthic Cd/Ca to deep-water [PO₄³⁻].** For NEAP 4K, we follow the established approach⁷⁵⁻⁷⁷ to
573 convert *C. wuellerstorfi* Cd/Ca into deep-water Cd concentrations. We use a partition coefficients
574 (D_{Cd}) of 2.2²⁷ to calculate deep water Cd from: $Cd \text{ (nmol/kg)} = [(Cd/Ca)_{\text{foram}}/D_{Cd}] \times 10$. The abundance
575 of *Hoeglundina elegans* in NEAP 4K is very low, but measurements on a few *H. elegans* samples yield
576 consistent Cd results with those based on *C. wuellerstorfi* (Fig. 3). Benthic Cd/Ca from this core were
577 measured previously²⁷, but we prefer to use our new Cd/Ca which were measured using the same
578 solutions for B/Ca. This is because paired Cd/Ca and B/Ca measurements based on the same solutions
579 are conducive to improving the accuracy of [CO₃²⁻]_{as} reconstructions. For GGC90, intermediate water
580 Cd is reconstructed using *H. elegans* Cd/Ca and a D_{Cd} of 1, as published by Umling et al.²³. Seawater
581 Cd is converted into [PO₄³⁻] using the relationship from ref. ⁷⁸. Using other equations has little impact
582 on the pattern of our reconstructions. Previous studies (e.g., refs ^{79,80}) employing the same
583 reconstruction approach have used ~6-9% errors (2 σ) with [PO₄³⁻]. To be conservative, we assign 10%
584 uncertainty (2 σ) for our [PO₄³⁻] reconstructions.

585

586 **Deep-water temperature, salinity, and pressure estimates.** For NEAP 4K, deep-water temperature
587 (T) is estimated from the ice volume corrected benthic $\delta^{18}O$ ($\delta^{18}O_{IVC}$) and the $\delta^{18}O$ -temperature
588 equation of Marchitto et al.⁸¹ from: $T = 2.5 - (\delta^{18}O_{IVC} - 2.8)/0.224$, where $\delta^{18}O_{IVC} = \delta^{18}O_{\text{benthic}} -$
589 $\delta^{18}O_{\text{global_sealevel}} \cdot \delta^{18}O_{\text{global_sealevel}}$ was estimated from sea level curves^{82,83} with a global $\delta^{18}O_{\text{seawater}} - \text{sea}$
590 level scaling of 0.0085‰/m⁸⁴. For GGC90, T is reconstructed using *H. elegans* Mg/Li²³. Owing to the
591 relative weak sensitivity of [CO₃²⁻] to T and narrow deep-water T variations in the past, using other
592 methods to estimate T would negligibly affect our final [CO₃²⁻]_{as} values. Deep-water salinity (S) is

593 calculated by: $S = S_{\text{core_top}} + 1.11 \times \delta^{18}\text{O}_{\text{global_sealevel}}$, where $S_{\text{core_top}}$ is the modern S (34.95 and 34.34 at
 594 NEAP 4K and GGC90, respectively¹⁵) and the term 1.11 is the scaling factor for a global
 595 $S-\delta^{18}\text{O}_{\text{global_sealevel}}$ relationship^{20,84}. We assume 1°C and 1‰ uncertainties (2σ) in T and S, respectively.
 596 Deep water pressure (P) is estimated using today's water depths (1627 m and 1105 m for NEAP 4K
 597 and GGC90, respectively) and past relative sea level (RSL) reconstructions from: $P = \text{today's water}$
 598 $\text{depth} - \text{RSL}$.

599
 600 **$[\text{CO}_3^{2-}]_{\text{as}}$ and DIC_{as} calculations.** Following the approach in ref. ¹⁶, calculation of $[\text{CO}_3^{2-}]_{\text{as}}$ involves
 601 two steps. First, we calculate normalized ($[\text{CO}_3^{2-}]_{\text{Norm}}$) to account for salinity (S), temperature (T) and
 602 pressure (P) effects on $[\text{CO}_3^{2-}]$ using the following equation:

$$603 \quad [\text{CO}_3^{2-}]_{\text{Norm}} = [\text{CO}_3^{2-}] + (35 - S) \times \text{Sen}_S + (3 - T) \times \text{Sen}_T + (2500 - P)/100 \times \text{Sen}_P \quad (1)$$

604 where Sen_S , Sen_T , and Sen_P represent sensitivities to S, T, and P (3 $\mu\text{mol/kg}$ per ‰ change in S, 0.5
 605 $\mu\text{mol/kg}$ per °C, and 0.1 $\mu\text{mol/kg}$ per 100 dbar) as defined and shown in Fig. 4 of ref. ¹⁶. Then, $[\text{CO}_3^{2-}]_{\text{as}}$
 606 is calculated by:

$$607 \quad [\text{CO}_3^{2-}]_{\text{as}} = [\text{CO}_3^{2-}]_{\text{Norm}} + ([\text{PO}_4^{3-}] - 2.2) \times [\text{CO}_3^{2-}]_{\text{Norm}}/[\text{PO}_4^{3-}] \text{ sensitivity} - 78 \quad (2)$$

608 where $[\text{CO}_3^{2-}]_{\text{Norm}}/[\text{PO}_4^{3-}]$ sensitivity is the sensitivity of $[\text{CO}_3^{2-}]_{\text{Norm}}$ to $[\text{PO}_4^{3-}]$ changes due to
 609 biological processes (see Fig. 4 in ref. ¹⁶ for details), 2.2 represents the global mean ocean $[\text{PO}_4^{3-}]$, and
 610 78 is an arbitrary term. In Fig. 5, we use sensitivities based on a Redfield ratio ($C/[\text{PO}_4^{3-}]$) of 127 and a
 611 rain ratio (R) of 4. Using other $C/[\text{PO}_4^{3-}]$ and R values^{85,86} does not affect our conclusions (Extended
 612 Data Fig. 3).

613 The error associated with $[\text{CO}_3^{2-}]_{\text{as}}$ is calculated using the following equation:

$$\begin{aligned}
2\sigma_{[\text{CO}_3^{2-}]_{\text{as}}} = & \left[\left(\frac{\partial [\text{CO}_3^{2-}]_{\text{as}}}{\partial [\text{CO}_3^{2-}]} \times 2\sigma_{[\text{CO}_3^{2-}]} \right)^2 + \left(\frac{\partial [\text{CO}_3^{2-}]_{\text{as}}}{\partial \text{S}} \times 2\sigma_{\text{S}} \right)^2 + \left(\frac{\partial [\text{CO}_3^{2-}]_{\text{as}}}{\partial \text{Sen}_{\text{S}}} \times 2\sigma_{\text{Sen}_{\text{S}}} \right)^2 \right. \\
& + \left(\frac{\partial [\text{CO}_3^{2-}]_{\text{as}}}{\partial \text{T}} \times 2\sigma_{\text{T}} \right)^2 + \left(\frac{\partial [\text{CO}_3^{2-}]_{\text{as}}}{\partial \text{Sen}_{\text{T}}} \times 2\sigma_{\text{Sen}_{\text{T}}} \right)^2 + \left(\frac{\partial [\text{CO}_3^{2-}]_{\text{as}}}{\partial \text{P}} \times 2\sigma_{\text{P}} \right)^2 \\
& + \left(\frac{\partial [\text{CO}_3^{2-}]_{\text{as}}}{\partial \text{Sen}_{\text{P}}} \times 2\sigma_{\text{Sen}_{\text{P}}} \right)^2 + \left(\frac{\partial [\text{CO}_3^{2-}]_{\text{as}}}{\partial [\text{PO}_4^{3-}]} \times 2\sigma_{[\text{PO}_4^{3-}]} \right)^2 \\
& \left. + \left(\frac{\partial [\text{CO}_3^{2-}]_{\text{as}}}{\partial [\text{CO}_3^{2-}]_{\text{Norm}} / [\text{PO}_4^{3-}] \text{ sensitivity}} \times 2\sigma_{[\text{CO}_3^{2-}]_{\text{Norm}} / [\text{PO}_4^{3-}] \text{ sensitivity}} \right)^2 \right]^{\frac{1}{2}}
\end{aligned}$$

614

-- (3)

615 where $\frac{\partial [\text{CO}_3^{2-}]_{\text{as}}}{\partial [\text{CO}_3^{2-}]} = 1$, $\frac{\partial [\text{CO}_3^{2-}]_{\text{as}}}{\partial \text{S}} = -\text{Sen}_{\text{S}}$, $\frac{\partial [\text{CO}_3^{2-}]_{\text{as}}}{\partial \text{Sen}_{\text{S}}} = 35 - \text{S}$, $\frac{\partial [\text{CO}_3^{2-}]_{\text{as}}}{\partial \text{T}} = -\text{Sen}_{\text{T}}$, $\frac{\partial [\text{CO}_3^{2-}]_{\text{as}}}{\partial \text{Sen}_{\text{T}}} = 3 - \text{T}$,

616 $\frac{\partial [\text{CO}_3^{2-}]_{\text{as}}}{\partial \text{P}} = -\text{Sen}_{\text{P}}/100$, $\frac{\partial [\text{CO}_3^{2-}]_{\text{as}}}{\partial \text{Sen}_{\text{P}}} = 25 - \text{P}/100$, $\frac{\partial [\text{CO}_3^{2-}]_{\text{as}}}{\partial [\text{PO}_4^{3-}]} = [\text{CO}_3^{2-}]_{\text{Norm}} / [\text{PO}_4^{3-}] \text{ sensitivity}$, and

617 $\frac{\partial [\text{CO}_3^{2-}]_{\text{as}}}{\partial [\text{CO}_3^{2-}]_{\text{Norm}} / [\text{PO}_4^{3-}] \text{ sensitivity}} = [\text{PO}_4^{3-}] - 2.2$. Based on uncertainties with individual parameters used, we

618 obtain an average error in $[\text{CO}_3^{2-}]_{\text{as}}$ of 15 $\mu\text{mol/kg}$ (2σ).

619

620 It is worth noting that $[\text{CO}_3^{2-}]_{\text{as}}$ calculations for all samples from NEAP 4K and majority of
621 samples from GGC90 are based on paired $[\text{CO}_3^{2-}]$ and $[\text{PO}_4^{3-}]$ reconstructions using the same solutions
622 (NEAP 4K) or co-existing shells (GGC90). This enables the two key parameters, $[\text{CO}_3^{2-}]$ and $[\text{PO}_4^{3-}]$,
623 needed for computing $[\text{CO}_3^{2-}]_{\text{as}}$ to be estimated for the same shell growth environments, conducive to
624 improving the accuracy of $[\text{CO}_3^{2-}]_{\text{as}}$ reconstructions.

625

626 DIC_{as} changes (Δ DIC_{as}) are calculated from $[\text{CO}_3^{2-}]_{\text{as}}$ changes ($\Delta[\text{CO}_3^{2-}]_{\text{as}}$) using: Δ DIC_{as} =
627 $\Delta[\text{CO}_3^{2-}]_{\text{as}} \div [\text{CO}_3^{2-}]_{\text{as}} / \text{DIC}_{\text{as}}$ sensitivity. At NEAP 4K and GGC90, deglacial $[\text{CO}_3^{2-}]_{\text{Norm}}$ ranges from
628 ~ 70 to $100 \mu\text{mol/kg}$ (here, $[\text{CO}_3^{2-}]_{\text{Norm}} = [\text{CO}_3^{2-}]_{\text{as}} + 78$), corresponding to $[\text{CO}_3^{2-}]_{\text{as}} / \text{DIC}_{\text{as}}$ sensitivities
629 of -0.43 to -0.53 (Extended Data Fig. 2). We use a mean sensitivity of -0.48 to estimate Δ DIC_{as} shown
630 in Fig. 5c.

631

632 **Statistical analyses.** Here we focus on millennial- and centennial-scale trends defined by multiple
633 data points based on statistical analyses, and refrain from interpreting shorter timescale variations
634 revealed by individual reconstructions. Uncertainties associated with $[\text{CO}_3^{2-}]$, $[\text{PO}_4^{3-}]$, and $[\text{CO}_3^{2-}]_{\text{as}}$
635 were evaluated using a Monte-Carlo approach^{87,88}. Errors associated with the chronology (x-axis) and
636 $[\text{CO}_3^{2-}]$, $[\text{PO}_4^{3-}]$, and $[\text{CO}_3^{2-}]_{\text{as}}$ reconstructions (y-axis) are considered during error propagation. Age
637 errors are estimated using OxCal (see above)⁶⁷. Methods to calculate errors associated with individual
638 $[\text{CO}_3^{2-}]$ and $[\text{PO}_4^{3-}]$, $[\text{CO}_3^{2-}]_{\text{as}}$ reconstructions (y-axis) are given above. All data points were sampled
639 separately and randomly 5,000 times within their chronological and $[\text{CO}_3^{2-}]$ (or $[\text{PO}_4^{3-}]$, $[\text{CO}_3^{2-}]_{\text{as}}$)
640 uncertainties, and each iteration was then interpolated linearly. At each time step, the probability
641 maximum and data distribution uncertainties of the 5,000 iterations were assessed. Figs. 4 and 5 show
642 probability maxima (bold curves) and $\pm 95\%$ (light grey; 2.5th-97.5th percentile) probability intervals
643 for the data distributions, including chronological and proxy uncertainties. For details, see refs^{87,88}.

644 To objectively assess timing of Δ DIC_{as} at GGC90 and atmospheric CO₂ changes at ~ 14.7 ka, we
645 employed the Rampfit software⁸⁹. As can be seen from Extended Data Fig. 6, the Δ DIC_{as} decline was
646 concurrent with the ~ 12 ppm atmospheric CO₂ rise at the Bølling onset, consistent with Monte-Carlo
647 results (Figs. 5c,h).

648

649 **Expected $[\text{CO}_3^{2-}]$ calculation (Fig. 4).** For a package of water that has no exchange of CO_2 with the
650 atmosphere and sediments, its $[\text{CO}_3^{2-}]$ and $[\text{PO}_4^{3-}]$ can be altered by varying amounts of biological
651 matter respired. In this case, changes in $[\text{CO}_3^{2-}]$ and $[\text{PO}_4^{3-}]$ vary following the biogenic matter
652 stoichiometry (including Redfield ratio and rain ratio). This provides a means to calculate the expected
653 $[\text{CO}_3^{2-}]$ changes for a water mass solely driven by biological recycling of carbon and nutrient within
654 the ocean, if its $[\text{PO}_4^{3-}]$ changes are known. For down core calculations, we use $[\text{PO}_4^{3-}]$ and $[\text{CO}_3^{2-}]$ at
655 18.5 ka as reference values. The choice of 18.5 ka is to facilitate consideration of changes relative to
656 the LGM, and using values at other ages does not affect our conclusion. For other times, $[\text{PO}_4^{3-}]$
657 changes ($\Delta[\text{PO}_4^{3-}]$) relative to 18.5 ka are calculated by: $\Delta[\text{PO}_4^{3-}] = [\text{PO}_4^{3-}] - [\text{PO}_4^{3-}]_{@18.5\text{ka}}$. Regarding
658 $[\text{CO}_3^{2-}]$ calculations, we first convert in-situ $[\text{CO}_3^{2-}]$ at 18.5 ka into $[\text{CO}_3^{2-}]_{\text{Norm}@18.5\text{ka}}$ using equation
659 (1). Then, the expected $[\text{CO}_3^{2-}]_{\text{Norm}}$ values at other ages are calculated by: expected $[\text{CO}_3^{2-}]_{\text{Norm}} =$
660 $[\text{CO}_3^{2-}]_{\text{Norm}@18.5\text{ka}} + \Delta[\text{PO}_4^{3-}] \times [\text{CO}_3^{2-}]_{\text{Norm}}/[\text{PO}_4^{3-}]$ sensitivity. Afterwards, the expected $[\text{CO}_3^{2-}]_{\text{Norm}}$ is
661 converted back into expected in-situ $[\text{CO}_3^{2-}]$ (dashed curves in Fig. 4a) to account for effects from
662 T-S-P changes through time, a reversion for calculating $[\text{CO}_3^{2-}]_{\text{Norm}}$. Note that this expected in-situ
663 $[\text{CO}_3^{2-}]$ assumes no air-sea CO_2 exchange during the calculation.

664

665 **Other approaches to interpret GGC90 data during HS1.** In the main text, we have used $[\text{CO}_3^{2-}]_{\text{as}}$ to
666 infer enhanced Southern Ocean CO_2 outgassing during HS1. Here, we demonstrate that the same
667 conclusion can also be reached by combined use of $[\text{PO}_4^{3-}]$ and $[\text{CO}_3^{2-}]$, without using $[\text{CO}_3^{2-}]_{\text{as}}$.
668 During HS1, intermediate-water $[\text{PO}_4^{3-}]$ remained roughly stable while $[\text{CO}_3^{2-}]$ increased at site

669 GGC90. Given little increase in the mixing proportion of AAIW at GGC90^{34,35} (Fig. 5d, e), we
670 consider the following scenarios from the LGM to HS1:

671 (i) AAIW's preformed $[\text{PO}_4^{3-}]$ stayed stable. This would require no change in respired carbon
672 and higher preformed $[\text{CO}_3^{2-}]$. However, the required little change in respired carbon is
673 inconsistent with reduced export and remineralization in the South Atlantic during the early
674 last deglacial^{3,22}. Thus, we consider this possibility unfeasible.

675 (ii) AAIW's preformed $[\text{PO}_4^{3-}]$ decreased. This would require greater respired carbon to keep
676 intermediate-water $[\text{PO}_4^{3-}]$ at a stable level at GGC90. A lower preformed $[\text{PO}_4^{3-}]$ would
677 imply a stronger biological pump, which would limit CO_2 outgassing and thus store more
678 carbon in the ocean, with an effect to lower seawater $[\text{CO}_3^{2-}]$ ³⁰. Not only does this scenario
679 contradict the observed reduction in phytoplankton export³, but greater biological
680 respiration would also lower seawater $[\text{CO}_3^{2-}]$ of AAIW, inconsistent with reconstructed
681 $[\text{CO}_3^{2-}]$ at GGC90. Thus, we discard this possibility.

682 (iii) AAIW's preformed $[\text{PO}_4^{3-}]$ increased. The stable intermediate-water $[\text{PO}_4^{3-}]$ at GGC90
683 would require a reduction in respired carbon, consistent with proxy results²². Also,
684 increased preformed $[\text{PO}_4^{3-}]$ suggests a weaker biological pump in the Southern Ocean,
685 consistent with opal flux and $\delta^{15}\text{N}$ data (Fig. 5)^{2,4,54}. This further implies enhanced
686 outgassing of CO_2 via the Southern Ocean, contributing to a $[\text{CO}_3^{2-}]$ increase in AAIW as
687 manifested by the reconstruction at GGC90. Thus, this scenario is consistent with
688 intermediate-water $[\text{PO}_4^{3-}]$ and $[\text{CO}_3^{2-}]$ at GGC90 as well as other proxy and model
689 data^{2,4,29,54}.

690

691 Based on consideration of various scenarios above, intermediate-water [PO_4^{3-}] and [CO_3^{2-}] at
692 GGC90 most likely reflect CO_2 outgassing via the Southern Ocean during HS1. As demonstrated in
693 the main text, it is more straightforward to use [CO_3^{2-}]_{as} to infer air-sea CO_2 exchanges. Due to its
694 conservative nature, [CO_3^{2-}]_{as} can be used to infer preformed value changes, which can then be further
695 used to infer air-sea gas exchange associated with source waters.

696

697 **Model results.** We use results from a transient simulation²⁹ to explore and corroborate feasibility of
698 our air-sea tracers and associated pathways of the early deglacial CO_2 release from the ocean to the
699 atmosphere. Fig. 6 shows results for the “LH1-SO-SHW” transient simulation of the last deglaciation
700 using the Earth System Model LOVECLIM²⁹. Details on the experimental set-up are provided in ref.
701 ²⁹. Briefly, LOVECLIM includes an ocean general circulation model (3° by 3° and 20 vertical levels)
702 coupled to a dynamic/thermodynamic sea-ice model, a quasi-geostrophic T21 atmospheric model, a
703 land surface and vegetation model, and a terrestrial and marine carbon cycle⁹⁰. The LGM state is
704 obtained by forcing the model with appropriate boundary conditions (i.e., orbital parameters, Northern
705 Hemispheric ice-sheet topography and albedo, and greenhouse gasses), and is constrained by oceanic
706 $\delta^{13}\text{C}$ and ventilation distributions⁹¹. The experiment described here is a transient simulation of the
707 period 19-15 ka forced by time-varying changes in orbital parameters, and Northern Hemispheric
708 ice-sheet topography and albedo but with freely evolving atmospheric CO_2 concentration and its
709 isotopic compositions. The total alkalinity is kept constant throughout the deglacial simulation.
710 “LH1-SO-SHW” includes meltwater input in the North Atlantic (0.04 Sv between 19 and 17.6 ka, and
711 0.07 Sv between 17.6 and 16.2 ka) to simulate HS1, as well as a strengthening of the Southern
712 Hemispheric westerlies in three steps at \sim 17.2 ka, 17 ka and 16.2 ka, and a decrease in buoyancy

713 forcing in the Southern Ocean at 17.6 ka and 16.2 ka. As a result, a ~28 ppm atmospheric CO₂ increase
 714 is simulated between 18.5 and 16 ka. Based on modelled surface CO₂ partial pressure and CO₂ flux
 715 calculations, it is known that the modelled atmospheric CO₂ rise is mostly driven by enhanced CO₂
 716 release via the Southern Ocean.

717

718 Here, we investigate how DIC_{as} changed in the upper Atlantic during 17.4-16 ka. Following
 719 ref. ¹⁶, DIC_{as} for each time of 17.4 ka and 16 ka is calculated by:

$$\begin{aligned}
 720 \text{ DIC}_{\text{as}} = & \text{DIC}_{\text{s}} - ([\text{PO}_4^{3-}]_{\text{s}} - [\text{PO}_4^{3-}]^{\text{mo}}) \times C/[\text{PO}_4^{3-}] \\
 721 & - \frac{1}{2} \times (\text{ALK}_{\text{s}} - \text{ALK}^{\text{mo}} + [\text{NO}_3^-]_{\text{s}} - [\text{NO}_3^-]^{\text{mo}}) - \text{DIC}_{\text{constant}} \\
 722 & \text{-- (4)}
 \end{aligned}$$

723 where the subscript “s” represents values normalized to S (= 32.13) at 17.4 ka, the superscript “mo”
 724 denotes mean ocean values at 17.4 ka, $[\text{NO}_3^-] = 16 \times [\text{PO}_4^{3-}]$, $C/[\text{PO}_4^{3-}] = 117$, and the arbitrary
 725 $\text{DIC}_{\text{constant}} = 2377.42$ to yield a global mean DIC_{as} of zero at 17.4 ka. Fig. 6a shows the Atlantic zonal
 726 mean DIC_{as} anomalies (16 ka relative to 17.4 ka) for 60°W-0°W.

727

728 As can be seen from Fig. 6, the North Atlantic remains a sink of atmospheric CO₂ (positive
 729 DIC_{as} anomalies), possibly linked to an enhanced solubility pump driven by strong cooling and
 730 declining salinity due to fresh water input. By contrast, the South Atlantic acts as a source of CO₂ to the
 731 atmosphere (negative DIC_{as} anomalies), linked to enhanced upwelling of DIC-rich (high CO₂ partial
 732 pressure) deep waters in the Antarctic Zone driven by strengthened Southern Hemisphere westerlies.
 733 These statements based on DIC_{as} are supported by surface water CO₂ partial pressure and CO₂ flux

734 calculations²⁹, lending credence for using DIC_{as} to infer air-sea CO₂ exchanges between the ocean and
735 the atmosphere.

736

737 **Bølling onset signals.** Due to potential complications (e.g., bioturbation) associated with marine
738 sediment reconstructions, it is necessary to be cautious when interpreting short-lived signals.
739 However, the fidelity of our reconstructed GGC90 [CO₃²⁻]_{as} rise at the Bølling onset is supported by
740 several lines of evidence. First, we rely on the trends obtained from Monte-Carlo and Rampfit
741 analyses, instead of individual measurements (Fig. 5c; Extended Data Fig. 6). The [CO₃²⁻]_{as} rise at the
742 Bølling onset is well defined by multiple datapoints before, during, and after the transition. Given the
743 short duration (~200 years) of the transition, it is fortuitous that we obtained three data points to define
744 the [CO₃²⁻]_{as} rise, which is based on **paired** [CO₃²⁻] and [PO₄³⁻] reconstructions (Methods). Second, if
745 taking bioturbation into account, the [CO₃²⁻]_{as} rise may have occurred over shorter time and with a
746 greater [CO₃²⁻]_{as} magnitude. Thus, our current estimate of the signal magnitude is likely conservative.
747 Also, we note the success of using sediment cores with comparable or even lower sedimentation rates
748 to investigate centennial events^{9,10,92,93}. Similar to our work, previous studies had only a couple of data
749 points during the Bølling onset, which is a natural consequence associated with the abrupt event.
750 Third, our inferred AAIW expansion at the Bølling onset is supported by published proxy and model
751 results^{33,39-43} (Fig. 5; Extended Data Figs. 7-9), lending credence to the robustness of our [CO₃²⁻]_{as}
752 reconstructions.

753

754 **Carbon budget estimates at the Bølling onset.** The effect of AAIW expansion to raise atmospheric
755 CO₂ includes two parts: (i) decreasing DIC_{as} in the upper Atlantic and (ii) decreasing DIC_{as} of NADW

756 and thereby DIC_{as} of the large oceanic volume that NADW ventilates. The effect from (i) can be
757 estimated as follows. The total atmospheric CO_2 storage reduction in the upper Atlantic ($\Delta\Sigma\text{C}$) is
758 calculated by: $\Delta\Sigma\text{C} = V \times \text{density} \times \Delta\text{DIC}_{\text{as}} \times 12$, where V is the water mass volume experienced CO_2
759 loss and is estimated to be $1.9 \times 10^{16} \text{ m}^3$ (assuming 50% of waters at 0.6-1.2 km and 50°S - 60°N in the
760 Atlantic), density = 1027.8 kg/m^3 (ref. ²⁰), and the number 12 converts C from moles into weight.
761 Today, AAIW is found at ~ 500 - 1200 m^{94} and distributed across most of the Atlantic up to $\sim 30^\circ\text{N}^{95}$.
762 Based on $\Delta\text{DIC}_{\text{as}}$ of $\sim 33 \text{ }\mu\text{mol/kg}$ as reconstructed from GGC90 (Fig. 5c), we obtain total $\Delta\Sigma\text{C}$ change
763 of $\sim 8 \text{ PgC}$. Using a factor of 2.1 PgC per ppm CO_2 , the air-sea CO_2 storage change in the upper
764 Atlantic corresponds to $\sim 4 \text{ ppm}$ atmospheric CO_2 increase, accounting for $\sim 1/3$ of the observed
765 atmospheric CO_2 rise.

766

767 The effect from (ii) is difficult to assess because we cannot easily quantify AAIW's impact on
768 DIC_{as} change associated with NADW. Because AAIW is a weak water mass at sequestering
769 atmospheric CO_2 , more AAIW production would cause more CO_2 release. The total amount of CO_2
770 released due to an increased production of AAIW may be calculated by: $\Delta\Sigma\text{C} = \Delta\text{Sv} \times t \times \text{density} \times$
771 $\Delta\text{DIC}_{\text{as}} \times 12$, where ΔSv is the increase in AAIW production rate over the duration (t) of the Bølling
772 onset. This calculation provides an estimate of AAIW's influences on atmospheric CO_2 from both (i)
773 and (ii). Model data (Fig. 5e)⁴³ show a pulse of increased AAIW production by $\sim 7 \text{ Sv}$ (ΔSv) over ~ 200
774 years (t). The ~ 200 -year duration is also revealed by the high-resolution ice-core CO_2 record¹. Using
775 $\Delta\text{DIC}_{\text{as}}$ of $33 \text{ }\mu\text{mol/kg}$ based on GGC90 reconstructions, we obtain a $\Delta\Sigma\text{C}$ of 18 PgC , corresponding to
776 $\sim 8 \text{ ppm}$ change in atmospheric CO_2 .

777

778 We acknowledge potentially large uncertainties associated with our calculations due to poor
779 geographic coverage of proxy data and assumptions with the AAIW production rate. Nevertheless, our
780 calculations indicate that AAIW variations could have played an indispensable role in driving up
781 atmospheric CO₂ at the Bølling onset. Additional proxy data and employment of models are required
782 to better quantify AAIW's effects on atmospheric CO₂.

783

784 **Data availability**

785 All new data are archived in PANGAEA (XX) and also provided in Supplementary Data.

786

787 **References used for Methods**

- 788 51 Khatiwala, S., Schmittner, A. & Muglia, J. Air-sea disequilibrium enhances ocean carbon
789 storage during glacial periods. *Sci Adv* **5**, doi:ARTN eaaw4981, 10.1126/sciadv.aaw4981
790 (2019).
- 791 52 Sigman, D. M. & Boyle, E. A. Glacial/interglacial variations in atmospheric carbon dioxide.
792 *Nature* **407**, 859-869 (2000).
- 793 53 Hain, M. P., Sigman, D. M. & Haug, G. H. in *Treatise on Geochemistry 2nd edition* doi:
794 10.1016/B1978-1010-1008-095975-095977.000618-095975 (2013).
- 795 54 Wang, X. T. *et al.* Deep-sea coral evidence for lower Southern Ocean surface nitrate
796 concentrations during the last ice age. *Proceedings of the National Academy of Sciences* **114**,
797 3352-3357, doi:10.1073/pnas.1615718114 (2017).
- 798 55 Jaccard, S. L., Galbraith, E. D., Martinez-Garcia, A. & Anderson, R. F. Covariation of deep
799 Southern Ocean oxygenation and atmospheric CO₂ through the last ice age. *Nature*,
800 doi:10.1038/nature16514 (2016).
- 801 56 Anderson, R. F. *et al.* Deep-sea oxygen depletion and ocean carbon sequestration during the
802 last ice age. *Glob. Biogeochem. Cycle* **33**, doi:10.1029/2018GB006049,
803 doi:doi:10.1029/2018GB006049 (2019).
- 804 57 Galbraith, E. D. & Skinner, L. C. The Biological Pump During the Last Glacial Maximum.
805 *Annu Rev Mar Sci* **12**, 559-586, doi:10.1146/annurev-marine-010419-010906 (2020).
- 806 58 Ito, T. & Follows, M. J. Preformed phosphate, soft tissue pump and atmospheric CO₂. *Journal*
807 *of Marine Research* **63**, 813-839, doi:Doi 10.1357/0022240054663231 (2005).
- 808 59 Ito, T., Follows, M. J. & Boyle, E. A. Is AOU a good measure of respiration in the oceans?
809 *Geophysical Research Letters* **31**, doi:Artn L17305, 10.1029/2004gl020900 (2004).

810 60 Gruber, N. *et al.* The oceanic sink for anthropogenic CO₂ from 1994 to 2007. *Science* **363**,
811 1193-+, doi:10.1126/science.aau5153 (2019).

812 61 Toggweiler, J. R., Gnanadesikan, A., Carson, S., Murnane, R. & Sarmiento, J. L.
813 Representation of the carbon cycle in box models and GCMs: 1. Solubility pump. *Glob.*
814 *Biogeochem. Cycle* **17**, doi:10.1029/2001gb001401, doi:10.1029/2001gb001401 (2003).

815 62 Toggweiler, J. R., Murnane, R., Carson, S., Gnanadesikan, A. & Sarmiento, J. L.
816 Representation of the carbon cycle in box models and GCMs: 2. Organic pump. *Glob.*
817 *Biogeochem. Cycle* **17**, doi:10.1029/2001gb001841, doi:10.1029/2001gb001841 (2003).

818 63 Broecker, W. S. & Peng, T. H. The role of CaCO₃ compensation in the glacial to interglacial
819 atmospheric CO₂ change. *Glob. Biogeochem. Cycle* **1**, 15-29 (1987).

820 64 Sortor, R. N. & Lund, D. C. No evidence for a deglacial intermediate water Delta C-14
821 anomaly in the SW Atlantic. *Earth Planet. Sci. Lett.* **310**, 65-72, doi:DOI
822 10.1016/j.epsl.2011.07.017 (2011).

823 65 Stuiver, M. & Reimer, P. J. Extended 14C Data Base and Revised CALIB 3.0 14C Age
824 Calibration Program. *Radiocarbon* **35**, 215-230, doi:10.1017/s0033822200013904 (1993).

825 66 Reimer, P. J. *et al.* IntCal13 and Marine13 Radiocarbon Age Calibration Curves 0–50,000
826 Years cal BP. *Radiocarbon* **55**, 1869-1887, doi:10.2458/azu_js_rc.55.16947 (2013).

827 67 Ramsey, C. B. Deposition models for chronological records. *Quat. Sci. Rev.* **27**, 42-60,
828 doi:10.1016/j.quascirev.2007.01.019 (2008).

829 68 Barker, S., Greaves, M. & Elderfield, H. A study of cleaning procedures used for foraminiferal
830 Mg/Ca paleothermometry. *Geochem. Geophys. Geosyst.* **4**, doi:10.1029/2003GC000559,
831 doi:doi:10.1029/2003GC000559 (2003).

832 69 Rosenthal, Y., Boyle, E. A. & Slowey, N. Temperature control on the incorporation of
833 magnesium, strontium, fluorine, and cadmium into benthic foraminiferal shells from Little
834 Bahama Bank: Prospects for thermocline paleoceanography. *Geochim. Cosmochim. Acta* **61**,
835 3633-3643 (1997).

836 70 Yu, J. M., Day, J., Greaves, M. & Elderfield, H. Determination of multiple element/calcium
837 ratios in foraminiferal calcite by quadrupole ICP-MS. *Geochem. Geophys. Geosyst.* **6**,
838 Q08P01, doi:10.1029/2005GC000964 (2005).

839 71 Waelbroeck, C. *et al.* The timing of the last deglaciation in North Atlantic climate records.
840 *Nature* **412**, 724-727, doi:Doi 10.1038/35089060 (2001).

841 72 Stern, J. V. & Lisiecki, L. E. North Atlantic circulation and reservoir age changes over the past
842 41,000years. *Geophysical Research Letters* **40**, 3693-3697, doi:10.1002/grl.50679 (2013).

843 73 Yu, J. *et al.* Responses of the deep ocean carbonate system to carbon reorganization during the
844 Last Glacial–interglacial cycle. *Quat. Sci. Rev.* **76**, 39-52,
845 doi:<http://dx.doi.org/10.1016/j.quascirev.2013.06.020> (2013).

846 74 Oppo, D. *et al.* Data Constraints on Glacial Atlantic Water Mass Geometry and Properties.
847 *Paleoceanography and Paleoclimatology* **33**, 1013-1034, doi:10.1029/2018PA003408 (2018).

848 75 Boyle, E. A. Cadmium: Chemical tracer of deepwater paleoceanography. *Paleoceanogr.* **3**,
849 471-489 (1988).

850 76 Boyle, E. A., Labeyrie, L. & Duplessy, J. C. Calcitic foraminiferal data confirmed by cadmium
851 in aragonitic *Hoeglundina* - application to the Last Glacial Maximum in the northern Indian
852 Ocean. *Paleoceanogr.* **10**, 881-900 (1995).

- 853 77 Marchitto, T. & Broecker, W. Deep water mass geometry in the glacial Atlantic Ocean: A
854 review of constraints from the paleonutrient proxy Cd/Ca. *Geochem. Geophys. Geosyst.* **7**,
855 doi:10.1029/2006GC001323 (2006).
- 856 78 Elderfield, H. & Rickaby, R. E. M. Oceanic Cd/P ratio and nutrient utilization in the glacial
857 Southern Ocean. *Nature* **405**, 305-310 (2000).
- 858 79 Lear, C. H. *et al.* Breathing more deeply: Deep ocean carbon storage during the
859 mid-Pleistocene climate transition. *Geology* **44**, 1035-1038, doi:10.1130/G38636.1 (2016).
- 860 80 Farmer, J. R. *et al.* Deep Atlantic Ocean carbon storage and the rise of 100,000-year glacial
861 cycles. *Nature Geoscience* **12**, 355+, doi:10.1038/s41561-019-0334-6 (2019).
- 862 81 Marchitto, T. M. *et al.* Improved oxygen isotope temperature calibrations for cosmopolitan
863 benthic foraminifera. *Geochim. Cosmochim. Acta* **130**, 1-11, doi:10.1016/j.gca.2013.12.034
864 (2014).
- 865 82 Lambeck, K., Rouby, H., Purcell, A., Sun, Y. Y. & Sambridge, M. Sea level and global ice
866 volumes from the Last Glacial Maximum to the Holocene. *P Natl Acad Sci USA* **111**,
867 15296-15303, doi:10.1073/pnas.1411762111 (2014).
- 868 83 Stanford, J. D. *et al.* Timing of meltwater pulse 1a and climate responses to meltwater
869 injections. *Paleoceanogr.* **21**, doi: 10.1029/2006pa001340, doi:Artn Pa4103,
870 10.1029/2006pa001340 (2006).
- 871 84 Waelbroeck, C. *et al.* Sea-level and deep water temperature changes derived from benthic
872 foraminifera isotopic records. *Quat. Sci. Rev.* **21**, 295-305 (2002).
- 873 85 Galbraith, E. D. & Martiny, A. C. A simple nutrient-dependence mechanism for predicting the
874 stoichiometry of marine ecosystems. *P Natl Acad Sci USA* **112**, 8199-8204,
875 doi:10.1073/pnas.1423917112 (2015).
- 876 86 Anderson, L. A. & Sarmiento, J. L. Redfield ratios of remineralization determined by nutrient
877 data-analysis. *Glob. Biogeochem. Cycle* **8**, 65-80, doi:Doi 10.1029/93gb03318 (1994).
- 878 87 Grant, K. M. *et al.* Rapid coupling between ice volume and polar temperature over the past
879 150,000 years. *Nature* **491**, 744-747, doi:doi:10.1038/nature11593 (2012).
- 880 88 Rohling, E. J. *et al.* Sea-level and deep-sea-temperature variability over the past 5.3 million
881 years. *Nature* **508**, 477-482, doi:Doi 10.1038/Nature13230 (2014).
- 882 89 Mudelsee, M. Ramp function regression: a tool for quantifying climate transitions. *Computers*
883 *& Geosciences* **26**, 293-307, doi:[https://doi.org/10.1016/S0098-3004\(99\)00141-7](https://doi.org/10.1016/S0098-3004(99)00141-7) (2000).
- 884 90 Goosse, H. *et al.* Description of the Earth system model of intermediate complexity
885 LOVECLIM version 1.2. *Geosci Model Dev* **3**, 603-633, doi:DOI 10.5194/gmd-3-603-2010
886 (2010).
- 887 91 Menviel, L. *et al.* Poorly ventilated deep ocean at the Last Glacial Maximum inferred from
888 carbon isotopes: A data-model comparison study. *Paleoceanogr.* **31**,
889 doi:10.1002/2016PA003024, doi:doi:10.1002/2016PA003024. (2017).
- 890 92 Gottschalk, J. *et al.* Glacial heterogeneity in Southern Ocean carbon storage abated by fast
891 South Indian deglacial carbon release. *Nat Commun* **11**, doi:ARTN 6192,
892 10.1038/s41467-020-20034-1 (2020).
- 893 93 Thornalley, D. J. R., Barker, S., Broecker, W., Elderfield, H. & McCave, I. N. The Deglacial
894 Evolution of North Atlantic Deep Convection. *Science* **331**, 202-205 (2011).
- 895 94 Talley, L. D. in *The South Atlantic* (Springer, 1996).

- 896 95 Liu, M. & Tanhua, T. Water masses in the Atlantic Ocean: characteristics and distributions.
897 *Ocean Sci* **17**, 463-486, doi:10.5194/os-17-463-2021 (2021).
- 898 96 Yu, J. *et al.* Loss of carbon from the deep sea since the Last Glacial Maximum. *Science* **330**,
899 1084-1087, doi: 10.1126/science.1193221 (2010).
- 900 97 Farrell, J. W. & Prell, W. L. Climatic change and CaCO₃ preservation: an 800,000 year
901 bathymetric reconstruction from the central equatorial Pacific Ocean. *Paleoceanogr.* **4**,
902 447-466 (1989).
- 903 98 Farrell, J. W. & Prell, W. L. Pacific CaCO₃ preservation and $\delta^{18}\text{O}$ since 4 Ma: paleoceanic and
904 paleoclimatic implications. *Paleoceanogr.* **6**, 485-498 (1991).
- 905 99 Kohler, P. & Munhoven, G. Late Pleistocene Carbon Cycle Revisited by Considering Solid
906 Earth Processes. *Paleoceanography and Paleoclimatology* **35**, doi:ARTN e2020PA004020,
907 10.1029/2020PA004020 (2020).
- 908 100 Chase, Z., Anderson, R. F., Fleisher, M. Q. & Kubik, P. W. Accumulation of biogenic and
909 lithogenic material in the Pacific sector of the Southern Ocean during the past 40,000 years.
910 *Deep-Sea Research Part Ii-Topical Studies in Oceanography* **50**, 799-832, doi:Pii
911 S0967-0645(02)00595-7, Doi 10.1016/S0967-0645(02)00595-7 (2003).
- 912 101 Shao, J. *et al.* Atmosphere-Ocean CO₂ Exchange Across the Last Deglaciation From the Boron
913 Isotope Proxy. *Paleoceanography and Paleoclimatology* **34**, 1650-1670,
914 doi:<https://doi.org/10.1029/2018PA003498> (2019).
- 915 102 Poppelmeier, F. *et al.* Influence of Ocean Circulation and Benthic Exchange on Deep
916 Northwest Atlantic Nd Isotope Records During the Past 30,000 Years. *Geochem. Geophys.*
917 *Geosyst.* **20**, 4457-4469, doi:10.1029/2019gc008271 (2019).
- 918 103 Roberts, N. L. & Piotrowski, A. M. Radiogenic Nd isotope labeling of the northern NE Atlantic
919 during MIS 2. *Earth Planet. Sci. Lett.* **423**, 125-133,
920 doi:<https://doi.org/10.1016/j.epsl.2015.05.011> (2015).
- 921 104 Zhao, N. *et al.* Glacial-interglacial Nd isotope variability of North Atlantic Deep Water
922 modulated by North American ice sheet (vol 56, pg 313, 2019). *Nat Commun* **11**, doi:ARTN
923 3374, 10.1038/s41467-020-17208-2 (2020).
- 924 105 Piotrowski, A. *et al.* Reconstructing deglacial North and South Atlantic deep water sourcing
925 using foraminiferal Nd isotopes. *Earth Planet. Sci. Lett.* **357-358**, 289-297 (2012).
- 926 106 Skinner, L. C. *et al.* North Atlantic versus Southern Ocean contributions to a deglacial surge in
927 deep ocean ventilation. *Geology* **41**, 667-670, doi:10.1130/G34133.1 (2013).
- 928 107 Wilson, D. J. *et al.* Sea-ice control on deglacial lower cell circulation changes recorded by
929 Drake Passage deep-sea corals. *Earth Planet. Sci. Lett.* **544**, doi:ARTN 116405,
930 10.1016/j.epsl.2020.116405 (2020).
- 931 108 Howe, J. N. W., Piotrowski, A. M. & Rennie, V. C. F. Abyssal origin for the early Holocene
932 pulse of unradiogenic neodymium isotopes in Atlantic seawater. *Geology* **44**, 831-834,
933 doi:10.1130/G38155.1 (2016).
- 934 109 Du, J. H., Haley, B. A. & Mix, A. C. Evolution of the Global Overturning Circulation since the
935 Last Glacial Maximum based on marine authigenic neodymium isotopes. *Quat. Sci. Rev.* **241**,
936 doi:ARTN 106396, 10.1016/j.quascirev.2020.106396 (2020).
- 937 110 Valley, S., Lynch-Stieglitz, J. & Marchitto, T. M. Timing of Deglacial AMOC Variability
938 From a High-Resolution Seawater Cadmium Reconstruction. *Paleoceanogr.* **32**, 1195-1203,
939 doi:10.1002/2017pa003099 (2017).

- 940 111 Xie, R. F. C., Marcantonio, F. & Schmidt, M. W. Deglacial variability of Antarctic
941 Intermediate Water penetration into the North Atlantic from authigenic neodymium isotope
942 ratios. *Paleoceanogr.* **27**, doi:Artn Pa3221, 10.1029/2012pa002337 (2012).
- 943 112 Xie, R. F. C., Marcantonio, F. & Schmidt, M. W. Reconstruction of intermediate water
944 circulation in the tropical North Atlantic during the past 22,000 years. *Geochim. Cosmochim.*
945 *Acta* **140**, 455-467, doi:10.1016/j.gca.2014.05.041 (2014).
- 946
- 947

813 **Extended Data Fig. 1 | Preindustrial Atlantic $[\text{CO}_3^{2-}]_{\text{as}}$ vs DIC_{as} as shown in Fig. 1.** Data are from
814 ref. ¹, based on the calculation method from ref. ². Black curve represents the best fit of the data.
815 Simply put, when a water mass sequesters more atmospheric CO_2 , it has lower $[\text{CO}_3^{2-}]_{\text{as}}$ and higher
816 DIC_{as} , and *vice versa*. For example, adding CO_2 into a package of water would increase its DIC_{as} . At
817 the same time, because the added CO_2 would convert some $[\text{CO}_3^{2-}]_{\text{as}}$ into bicarbonate, its $[\text{CO}_3^{2-}]_{\text{as}}$
818 should decrease. Thus, the negative $[\text{CO}_3^{2-}]_{\text{as}}-\text{DIC}_{\text{as}}$ correlation is exactly expected from the CO_2
819 system theory³. See ref. ² and Methods for detailed discussions.

820

821

822

823

824

825

826

827

828

829 **Extended Data Fig. 2 | $[\text{CO}_3^{2-}]_{\text{as}}/\text{DIC}_{\text{as}}$ sensitivity vs. $[\text{CO}_3^{2-}]_{\text{Norm}}$.** $[\text{CO}_3^{2-}]_{\text{Norm}} = [\text{CO}_3^{2-}]_{\text{as}} + 78$. The
830 sensitivity is calculated based on the method from ref. ². The large circle indicates the average
831 sensitivity (-0.48) for $[\text{CO}_3^{2-}]_{\text{Norm}}$ ranges (shaded region) observed at sites GGC90 and NEAP 4K
832 during the last deglaciation.

833

834

835
836
837
838
839
840
841
842
843
844
845
846
847
848
849
850
851
852
853
854
855
856
857
858
859
860
861
862
863
864
865
866
867
868
869
870
871
872
873
874
875
876
877
878

Extended Data Fig. 3 | Effect of biogenic composition and global alkalinity change on GGC90 $[\text{CO}_3^{2-}]_{\text{as}}$. **a**, Biogenic composition effect. $C/[\text{PO}_4^{3-}]$ and R values represent Redfield ratio and rain ratio (i.e., molar carbon ratio between soft and skeleton parts), respectively. **b-d**, Effect of global alkalinity (ALK) changes associated with carbonate compensation. Assuming little change in continental weathering, increased carbonate burial in the deep ocean¹⁰⁻¹³ and on shelves driven by sea level rise¹⁴⁻¹⁶ would decrease the global ALK (**b**) and DIC at a 2:1 ratio during the last deglaciation. These changes would lower seawater $[\text{CO}_3^{2-}]_{\text{as}}$ (**c**), even without any air-sea CO_2 exchange. Taken this global ALK effect into account, $[\text{CO}_3^{2-}]_{\text{as}}$ at GGC90 would show a larger increase during the last deglacial (**d**), suggesting greater CO_2 outgassing from the upper Atlantic. Here we use a recent model-based global ALK change¹⁷ to demonstrate the global ALK effect. Using other ALK estimates may yield different amplitudes of $[\text{CO}_3^{2-}]_{\text{as}}$ changes, but the overall pattern should maintain. Due to the large and slow response of the global oceanic ALK reservoir, any global ALK change would affect $[\text{CO}_3^{2-}]_{\text{as}}$ would be gradual (**c**). As can be seen, even considering potential influences from biogenic composition and global ALK changes, deglacial $[\text{CO}_3^{2-}]_{\text{as}}$ evolution pattern persists, supporting our interpretation in the main text.

Extended Data Fig. 4 | Antarctic Zone opal flux data from different sectors of the Southern Ocean. As can be seen, opal fluxes differ in absolute values (e.g., much higher deglacial fluxes in the Atlantic sector core 13PC than in other cores) and patterns (e.g., a substantial decline in the Atlantic core 13PC during Bølling/Allerød, which is not seen in other cores; sustained opal flux increase in PS75/072-4 during the Holocene, but not seen in other cores). These different patterns may reflect varying hydrological conditions between different sectors of the Southern Ocean. This warrants the use of additional proxies to check palaeoceanographic inferences based on opal fluxes. Opal flux data are from refs. ¹⁸⁻²⁰. Literature data are plotted against their originally published age models.

Extended Data Fig. 5 | Heterogeneous surface-water CO_2 partial pressure ($p\text{CO}_2$) in the Southern Ocean. **a**, Spatial surface-water $p\text{CO}_2$ during the preindustrial, based on the GLODAP data set¹. Note that the data coverage is incomplete and should not be treated to reflect the annual mean conditions. **b**, Temporal surface water and atmospheric $p\text{CO}_2$ gradient ($\Delta p\text{CO}_2$) at PS2498-1 from the South Atlantic. **c**, Temporal $\Delta p\text{CO}_2$ at MD97-2106 from the South Pacific (see also ref. ²¹). Surface-water $p\text{CO}_2$ was heterogeneous in the Southern Ocean, both spatially and temporally. Despite the Southern Ocean being an overall source of CO_2 to the atmosphere, some surface ocean regions had lower $p\text{CO}_2$ than the atmosphere, possibly reflecting seasonal and hydrographical variations in surface conditions. When using surface data, this highlights the need to obtain data for different seasons at broad locations to gain complete information about the Southern Ocean's role in atmospheric CO_2 ²². Literature data are plotted against their originally published age models.

879

880 **Extended Data Fig. 6 | Concurrent changes in atmospheric CO₂ and ΔDIC_{as} in core GGC90 at**
881 **the Bølling onset. a,** WDC ice-core atmospheric CO₂¹. **b,** ΔDIC_{as} in core GGC90 (this study). The
882 ramp fittings of atmospheric CO₂ and ΔDIC_{as} records are indicated in gray and red lines, respectively.
883 The estimated change-points (\pm standard errors) of the CO₂ transition are: t₁ (start) = 14.77 \pm 0.04 ka,
884 t₂ (end) = 14.63 \pm 0.03 ka. The estimated change-points (\pm standard errors) of the ΔDIC_{as} transition
885 are: t₁ (start) = 14.89 \pm 0.35 ka, t₂ (end) = 14.53 \pm 0.34 ka. Note that the large errors with ΔDIC_{as}
886 change-point dates are mainly sourced from the assumed uncertainties (\pm 200 years) associated with
887 surface reservoir ages used for age model constructions (Methods). The slightly broader ramp in
888 ΔDIC_{as} at GGC90 is expected due to bioturbation. The results are based on 1,000 bootstrap
889 replications. The black dash lines highlight the concurrence of the atmospheric and oceanic
890 transitions. The analyses are based on Rampfit software³⁹.

891

892

893

894

895 **Extended Data Fig. 7 | Increased AAIW mixing at GGC90 at the Bølling onset. a,** Core locations
896 against modern seawater salinity¹. **b,** Pa/Th²³. Everything else being equal, NADW invigoration at the
897 Bølling onset (vertical yellow bar) would decrease εNd at GGC90. To prevent any εNd decline at
898 GGC90, a concomitant increase in AAIW production would be required. **c,** GGC90 εNd²⁴ compared
899 with records from high latitudes North [eastern basin: BOFS 17K²⁵; western basin: KNR198 cores²⁶]
900 and South [curves: TNO57-21²⁷ and MD07-3076Q²⁸; circles: deep-sea corals²⁹] Atlantic. At the
901 Bølling onset, GGC90 εNd shifted towards southern-sourced water (SSW) compositions (light blue
902 shading), suggesting more AAIW mixing. **d,** Deep Atlantic εNd²⁶ became even less radiogenic than
903 shallower water εNd (grey shading), possibly linked to enhanced weathering of the North America²⁶.
904 **e,** Authigenic εNd at the Blake Bahama Outer Ridge²⁴. In **d** and **e**, εNd declines at the Bølling onset
905 possibly suggest addition of less radiogenic εNd during the southward transport of NADW^{24,26,30}. This
906 effect [e.g., non-conservativeness during mixing³¹] would require even more AAIW mixing to
907 maintain radiogenic εNd at GGC90 at the Bølling onset. Grey and light blue bars along y-axes indicate
908 modern northern-sourced water (NSW) and SSW endmembers, respectively. These endmembers are
909 thought to have changed in the past^{25,26,30}. Literature data are plotted against their originally published
910 age models.

911

912

913 **Extended Data Fig. 8 | Northward AAIW expansion at the Bølling onset. a,** Core locations against
914 the modern seawater [PO₄³⁻] (shading)¹. Solid and dashed white curves show, respectively, inferred
915 AAIW geometries for HS1 and the Bølling onset, based on proxy and model results [$\delta^{13}\text{C}$ ^{32,33},
916 εNd³⁴⁻³⁶, Cd/Ca^{37,38}, and model³⁹]. More data are needed to better constrain these geometries. **b,** Pa/Th
917 at GGC5²³. **c,** Benthic Cd/Ca for the mid-depth Atlantic^{5,37,38, this study}. At NEAP 4K, *C. wuellerstorfi*
918 Cd/Ca are adjusted by a factor of 2.2 to account for D_{Cd} difference between *H. elegans* and *C.*
919 *wuellerstorfi*^{9,40}. Vertical band shows the Bølling onset at \sim 14.7 \pm 0.25 ka. Compared to 26JPC (grey
920 circles), NEAP 4K (blue circles) and GGC100 (blue squares) are more affected by NADW due to their
921 deeper water depths and higher latitudinal locations (**a**). Without increased AAIW mixing, enhanced
922 production of low-Cd NADW would have lowered Cd at 26JPC. Additionally, enhanced ventilation by

923 NADW would decrease respired nutrient and thereby lower Cd at 26JPC. Thus, the sustained high Cd
924 at 26JPC (and NEAP 4K) suggests increased mixing of AAIW at intermediate depths of the tropical
925 North Atlantic at the Bølling onset, which is also supported by ϵNd data shown in Extended Data Fig.
926 9. Literature data are plotted against their originally published age models.

927
928
929
930

931 **Extended Data Fig. 9 | Increased AAIW mixing at the intermediate North Atlantic at the Bølling**
932 **onset. a**, Core locations against modern seawater salinity¹. **b**, Pa/Th, a proxy for NADW strength²³. **c**,
933 ϵNd at 26 JPC [discrete and connected circles are based on fish teeth and Fe-Mn leachates,
934 respectively^{41,42}]. Grey and light blue shadings and blue circles are defined in Extended Data Fig. 7.
935 ϵNd at 26JPC was well within the range of NSW values (grey shading) during HS1, but shifted
936 towards SSW values (light blue shading) at the Bølling onset. This is consistent with a northward
937 expansion of AAIW at the Bølling onset^{33,37-39}. Vertical grey and light blue bars along y-axis indicate
938 modern NSW and SSW endmembers, respectively.

939
940
941
942
943
944
945

946 **Extended Data Fig. 10 | Northward transport of AAIW in the preindustrial Atlantic Ocean. a**,
947 DIC_{as} -neutral density (γ^{N}) transect. **b**, DIC_{as} -salinity transect. Along isopycnal surfaces ($\gamma^{\text{N}} = \sim 27.5$
948 kg/m^3 for AAIW), the low- DIC_{as} signals of AAIW can be traced at the intermediate depths in the
949 high-latitude North Atlantic²⁶⁻³¹ (**a**). Cross-equator transport of AAIW is also suggested by the
950 northward extension of low-salinity waters at ~ 1 km (**b**). AAIW is found at ~ 500 - 1200 m^3 ³². Latest
951 analyses suggest AAIW is distributed across most of the Atlantic up to $\sim 30^\circ\text{N}$ ³³. Because at least part
952 of intermediate waters in the North Atlantic would be entrained to form NADW²⁶⁻²⁸, northward AAIW
953 expansion would affect NADW's DIC_{as} values. At the Bølling onset, our and previous results^{30,31,34-37}
954 suggest a sudden northward expansion of AAIW (Extended Data Figs. 7-9) with an effect to lower
955 DIC_{as} and thus atmospheric CO_2 sequestration efficiency of NADW. Map generated using Ocean Data
956 View based on the GLODAP data set^{14,38}.

957

958

959

960

961































