

## 1 **Supplement**

### 2 **METHODS**

#### 3 **Collection of Suspended Particulate Matter (SPM)**

4       McLane in situ pumps (McLane Laboratories Inc., Falmouth) were used to collect  
5 SPM from the water column for lipid analysis. They were deployed at 5 stations (Fig. 1) at 25  
6 m depth with a cut-off at a pre-programmed pressure threshold and the SPM was collected on  
7 pre-ashed 0.3  $\mu\text{m}$  or 0.7  $\mu\text{m}$  (cf. Table S1) x 142 mm, GF/F filters (Pall Corporation, Port  
8 Washington, NY, USA) and immediately frozen at  $-80^{\circ}\text{C}$ .

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#### 10 **Bulk Sediment Elemental Composition of piston core 64PE406-E1**

11       Sedimentary bulk elemental composition measurements were performed with an X-  
12 Ray Fluorescence (XRF) core scanning method for trace elements (Hennekam et al., 2019),  
13 calibrated to 40 inductively coupled plasma mass spectrometry measurements with the  
14 multivariate log-ratio calibration approach (Weltje et al., 2015). Elements are shown as  
15 concentrations and ratios to the terrestrial element Al to account for dilution effects by  
16 carbonate production.

17       Prior to analyses, the wet split core surfaces were flattened and covered with a thin  
18 SPEXCerti Ultralene foil. Subsequently, the XRF core scanning was performed in 1-cm  
19 resolution (10x10 mm slit size) using an Avaatech XRF core scanner equipped with state-of-  
20 the-art Rayspec cubed SiriusSD silicon drift detector with a 30  $\text{mm}^2$  collimated active area.  
21 The elements Ti and Al were measured at 20kV (Al filter), U was measured at 30kV (Pd-thick  
22 filter), and Ba and Mo were measured at 50kV (Cu filter), following (Hennekam et al., 2019).  
23 Daily measurements of 8 reference materials (GSR-4, GSR-6, GSD-10, JSd-1, JSd-3, MESS  
24 3, SARM 2, and SARM 3), loosely pressed in polyethylene containers, indicated a relative  
25 standard deviation (i.e., precision)  $<10\%$  for all elements.

26 The AvaaXelerate software (Bloemsma, 2015) was used to calibrate the XRF-core-  
27 scan data through multivariate log-ratio calibration (MLC). An automated calibration sample  
28 selection was run within the software, which resulted in a selection of 28 calibration sample  
29 depths that best represent the elemental variability within the whole core. Moreover, 12 extra  
30 sample depths were selected to ascertain more specifically a good representation of sapropel  
31 geochemistry. Subsequently, discrete samples from these 40 depth intervals (1-cm resolution)  
32 were dried, powdered, and totally digested in an HClO<sub>4</sub>-HNO<sub>3</sub>-HF acid mixture (following  
33 Reitz et al. (2006)). The digested samples in 1M HNO<sub>3</sub> were measured through inductively  
34 coupled plasma mass spectrometry (ICP-MS) with a Thermo Scientific Element 2 instrument.  
35 Standard samples (MESS-3 and JSd-3) showed an accuracy/precision (deviation from  
36 reference value; relative standard deviation) for the ICP-MS measurements: Al (<5%; ±1%),  
37 Ti (<7%; ±2%), Mo (<5%; ±2%), Ba (<6%;±1%), U (<4%; ±2%). Ultimately, the 40 samples  
38 measured through ICP-MS were used to calibrate the XRF-core-scan results with the MLC  
39 method.

40 The geochemical data are shown as concentrations and ratios, except for Ti/Al, which  
41 is only shown as a ratio. Normalization to Al is done to avoid closed-sum effects that may  
42 occur through variable fluxes in carbonate and organic components. These closed-sum effects  
43 are likely minor in the sapropel S5 interval in core 64PE406-E1, as indicated by the close  
44 resemblance of concentrations and ratios. Since Ti is not uniquely linked to sapropel  
45 deposition it is only shown as a ratio.

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#### 47 **Age Model Construction of piston core 64PE406-E1**

48 The age model of the S5 interval in the core is constructed using the well-defined age  
49 boundaries for the sapropels S4 (101.8-107.8 ka BP and its interruption at 104.0-105.4 ka BP)  
50 and S5 (121.5-128.3), following Grant et al. (2016) and Rodríguez-Sanz et al. (2017) for cores

51 LC21 and ODP967, respectively (See Figure S1a and b). Specifically, the deviations from the  
52 export-productivity proxy Barium and its ratio to Aluminum (Ba/Al), were used to tune these  
53 boundaries (Figure S1c), as these excursions were shown to be synchronous within age  
54 uncertainties (Rodríguez-Sanz et al., 2017). For the age interval prior to S5, we tuned the  
55 Ba/Al excursion in between sapropels S5 and S6 to that in Ziegler et al. (2010) (Figure S1d).  
56 As we focus on the sapropel S5 interval (320-400 cm in the core), here we only show the age  
57 interval from ~138.4 to ~117.8 ka BP.

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### 59 **Lipid Extraction and Analysis**

60 The extraction of lipids from freeze dried sediment from the three cores and from SPM  
61 was carried out using a modified Bligh-Dyer extraction (Bale et al., 2018). HGs were  
62 analyzed by Ultra High Pressure Liquid Chromatography-High Resolution Mass  
63 Spectrometry (UHPLC-HRMS) using an Agilent 1290 Infinity I UHPLC equipped with  
64 thermostatted auto-injector and column oven, coupled to a Q Exactive Orbitrap MS with Ion  
65 Max source with heated electrospray ionization (HESI) probe (Thermo Fisher Scientific,  
66 Waltham, MA) (Bale et al., 2018). The Bligh-Dyer extracts from the three cores were re-  
67 dissolved before analysis in a mixture of heptane, isopropanol and water (72:27:1, v:v:v)  
68 which contained two internal standards (IS), a platelet-activating factor (PAF) standard (5 ng  
69 on column) and a short-chain glycolipid standard, n-dodecyl- $\beta$ -D-glucopyranoside ( $\geq 98\%$   
70 Sigma-Aldrich, 20 ng on column; cf. Bale et al. (2017)). The samples were then filtered  
71 through 0.45  $\mu$ m mesh True Regenerated Cellulose syringe filters (4 mm diameter; Grace  
72 Alltech). The injection volume for each sample was 10  $\mu$ l. For quantification the relative  
73 response factor (RRF) between the n-dodecyl- $\beta$ -D-glucopyranoside IS and an isolated C<sub>6</sub> HG  
74 (1-(O-hexose)-3,25-hexacosanediol (Bale et al., 2017) was determined to be 6.63.

75 Freeze dried sediments were decalcified in centrifuge tubes with 2M HCl for total  
 76 organic carbon (TOC) analysis and analysis was carried out in tin cups using a Flash 2000  
 77 series elemental analyzer (Thermo Scientific) equipped with a Thermal Conductivity detector.

78 **Diatom-Diazotroph Associations (DDAs) as a Source of C<sub>6</sub> HGs**

79 Up to now, no C<sub>6</sub> HGs have been detected in the five cultures of diatom-diazotroph  
 80 associations DDAs which have been analyzed for their HG (Schouten et al., 2013; Bale et al.,  
 81 2015). However a supposed-symbiotic species of the heterocystous cyanobacteria *Calothrix*  
 82 was isolated from the surface water of the tropical North Atlantic and was found to contain no  
 83 detectable C<sub>5</sub> HGs but did contain C<sub>6</sub> HG<sub>28</sub> triol and C<sub>6</sub> HG<sub>28</sub> keto-diol and a novel HG<sub>28</sub> triol  
 84 with a methylated C<sub>6</sub> sugar (methyl HG<sub>28</sub> triol; Bale et al. (2018)). None of these three HGs  
 85 were detected in this study. Furthermore, the HG composition of the Atlantic *Calothrix* isolate  
 86 is very similar to that described for a wide range of *Calothrix* cultures (Gambacorta et al.,  
 87 1998; Bauersachs et al., 2009; Wörmer et al., 2012). Hence it is unlikely that the C<sub>6</sub> HG  
 88 detected in the S5 sapropel are derived from either a *R. intracellularis* or *Calothrix* DDA.

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90 **Table S1.** HG composition of core 64PE406-E1 and SPM from Eastern Mediterranean Sea  
 91 (only HGs detected in this study shown in table). For comparison data from literature, i.e.  
 92 Baltic Sea sediment and selected heterocystous cyanobacterial cultures. Key: ++ = dominant,  
 93 + = present, tr. = trace, nd = not detected; nr = not reported. Av. = average.

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Sample	C <sub>5</sub> HG <sub>30</sub> triol	C <sub>6</sub> HG <sub>26</sub> diol	C <sub>6</sub> HG <sub>28</sub> diol	C <sub>6</sub> HG <sub>30</sub> triol
<b>64PE406-E1</b>				
Av. after sapropel (n=5)	nd	nd	++	nd
Av. late sapropel (n=2)	++	nd	nd	nd
Av. mid sapropel (n=6)	++	tr.	++	+
Av. First half sapropel (n=10)	tr.	+	++	++
Av. before sapropel (n=7)	++	+	++	+
<b>SPM E. Mediterranean</b>				
Av. 25 m (n=5)	++	nd	nd	nd
<b>Baltic Sea sediment<sup>a</sup></b>				
Modern warm period (MoWP)	nd	++	tr.	nr

Pre-MoWP brackish	nd	++	+	nr
Ancylus Lake	nd	++	nd /+/++	nr
Yoldia Sea	nd	++	+ /++	nr
<b>Cultures - DDAs</b>				
<i>Rhizosolenia clevei</i> – <i>Richelia intracellularis</i> <sup>b</sup>	tr	nd	nd	nd
<i>Hemiaulus hauckii</i> – <i>R. intracellularis</i> <sup>c</sup>	++	nd	nd	nd
<i>Hemiaulus membranaceus</i> – <i>R. intracellularis</i> <sup>c</sup>	++	nd	nd	nd
<i>Calothrix</i> sp. CCY1611 <sup>d</sup>	nd	nd	nd	nd
<b>Cultures - Selected Nostocales (Free-living)</b>				
<i>Nodularia</i> sp. CCY9414 <sup>e</sup>	nr	++	nd	nd
<i>Aphanizomenon aphanizomenoides</i> UAM523 <sup>f</sup>	nr	+	++	++
<i>Aphanizomenon gracile</i> UAM521 <sup>f</sup>	nr	++	tr.	nd
<i>Dolichospermum</i> sp. CCY9402 <sup>e</sup>	nr	nd	++	nd
<i>Dolichospermum</i> sp. 315 (formally <i>Anabaena</i> ) <sup>g</sup>	nd	++	tr.	nd
<i>Calothrix</i> sp. MU27 <sup>f</sup>	nr	nd	tr.	+
<i>Calothrix</i> sp. CCY9923 <sup>e</sup>	nr	nd	+	nd

95 a= (Sollai et al., 2017), b = (Bale et al., 2015), c = (Schouten et al., 2013), d = (Bale et al.,  
96 2018), e = (Bauersachs et al., 2009), f = (Wörmer et al., 2012), g = (Bauersachs et al., 2017).  
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103 **Table S2.** Relative abundance of C<sub>5</sub> HG and C<sub>6</sub> HGs of total HGs in the S5 sapropel  
 104 recovered in cores 64PE406-E1, MS66PC and ODP 160-971C-2H-3 (Fig. 1). The amount of  
 105 *Hemiaulus hauckii* identified as percent of total diatoms (excl. *Chaetoceros* resting spores) is  
 106 given for the ODP 160-971C-2H-3 (data from the supplementary information of Kemp et al.  
 107 (1999)).

Core	Slice (depth in cm)	% C <sub>5</sub> HG	% C <sub>6</sub> HGs	% <i>Hemiaulus hauckii</i>
<b>64PE406-E1</b>	336-337	100	0	<b>Not examined</b>
	337-338	100	0	
	338-339	22	78	
	339-340	27	73	
	340-341	31	69	
	341-342	35	65	
	344-345	40	60	
	347-348	11	89	
	<b>Av. upper part sapropel</b>	<b>46 ± 35</b>	<b>54 ± 35</b>	
	349-350	4	96	
	352-353	4	96	
	355-356	2	98	
	357-358	2	98	
	359-360	1	99	
	362-363	3	97	
	365-366	4	96	
	367-368	2	98	
	368-369	8	92	
	369-370	5	95	
	<b>Av. lower part sapropel</b>	<b>3 ± 2</b>	<b>97 ± 2</b>	
<b>MS66PC</b>	123-124	12	88	<b>Not examined</b>
	126-127	12	88	
	128-129	15	85	
	132-133	12	88	
	<b>Av. upper part sapropel</b>	<b>13 ± 2</b>	<b>87 ± 2</b>	
	135-136	7	93	
	140-141	0	100	
	146-147	2	98	
	153-154	1	99	
	<b>Av. lower part sapropel</b>	<b>3 ± 3</b>	<b>97 ± 3</b>	
<b>160-971C-2H-3</b>	98-99	100	0	<b>Not examined</b>
	99-100	100	0	

100-101	85	15	
101-102	100	0	
<b>Av. upper part sapropel</b>	<b>96 ± 7</b>	<b>4 ± 7</b>	<b>24 ± 3 (3 laminae)</b>
125-126	35	65	
126-127	26	74	
127-128	14	86	
128-129	13	87	
<b>Av. lower part sapropel</b>	<b>22 ± 10</b>	<b>78 ± 10</b>	<b>1 ± 1 (17 laminae)</b>

108 C<sub>5</sub> HG = C<sub>5</sub> HG<sub>30</sub> triol, C<sub>6</sub> HG = sum of C<sub>6</sub> HG<sub>26</sub> diol, C<sub>6</sub> HG<sub>28</sub> diol and C<sub>6</sub> HG<sub>30</sub> triol. No  
109 attempt has been made to precisely align across the three cores the two periods (upper and  
110 lower half of sapropel). Av. = average.

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179 **Figure S1.** Records used for age model construction of the sapropel S5 interval in core  
180 64PE406-E1: (a) LC21  $\delta^{18}\text{O}$  and Soreq cave  $\delta^{18}\text{O}$  (Grant et al., 2016), (b) LC21 (41-point  
181 moving average) and ODP967 Ba counts from XRF-scanning (Rodriguez-Sanz et al., 2017),  
182 (c) 64PE406-E1 Ba concentration and ratio to Al (this study), (d) ODP968 Ba/Al (Ziegler et  
183 al., 2010), (e) Age (in ka) versus depth (cm) calculated using the age model based on our tie-  
184 points. The tie-points (red circles) used to link the Ba-derived excursions to those same  
185 excursions in 64PE406-E1 are indicated.

