# **A lower limit to atmospheric CO<sup>2</sup> concentrations over the past 800,000 years**

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**Global temperatures and atmospheric CO2 concentrations varied widely over the glacial cycles of the past 800,000 years.** But despite this variability, Antarctic ice cores have shown that CO<sub>2</sub> concentrations were very similar during all the coldest **points of these cycles. Remarkably, the recurring minimum CO2 concentrations (190**±**7 ppm) fall on the lower bound of any known in Earth history. Here we show that although the volume of terrestrial ice sheets was normally distributed over the past 800,000 years, as might be expected from the approximately normal distribution of the orbital forcing that drove the glacial** cycles, Antarctic temperatures have a strong cold mode, whereas CO<sub>2</sub> concentrations have both a cold mode and a central **mode. Although multiple explanations are possible, the recurring CO2 minima and pronounced cold modes are consistent** with a strong negative feedback to decreasing CO<sub>2</sub> that resisted further cooling on timescales shorter than 10,000 years. We suggest that one possible negative feedback is CO<sub>2</sub>-limitation of photosynthesis, either directly or via CO<sub>2</sub>-limitation of N<sub>2</sub> **fixation, which could have inhibited further lowering of CO2 by reducing carbon storage.**

For decades, investigators have sought a simple, unifying mechanism to explain the observed correlation of atmospheric  $CO<sub>2</sub>$  and temperature in Antarctic ice cores over the glacial cycles. In general, these explanati or decades, investigators have sought a simple, unifying mechanism to explain the observed correlation of atmospheric  $CO<sub>2</sub>$  and temperature in Antarctic ice cores over the glacial partitioning of carbon between the ocean and atmosphere<sup>1</sup>, accounting for a small change in the terrestrial biosphere but no other change in the size of the carbon inventory<sup>2-4</sup>. However, there is now a growing realization that the ocean–atmosphere carbon inventory could have varied more significantly<sup>5</sup>, due to isostasydriven changes in  $CO<sub>2</sub>$  outgassing rates<sup>6-8</sup>, changes in permafrost and peatlands<sup>9</sup>, and variations in marine carbon burial<sup>10</sup>. The importance of geological changes in the carbon inventory chips away at the ability of a single unified mechanism to explain the history of  $CO<sub>2</sub>$  over glacial cycles. Rather, it would appear that the CO<sub>2</sub> history was actually the product of a complex chain of events involving many players, including ocean circulation, the marine ecosystem, the terrestrial biosphere, and interactions between ice sheets and the lithosphere.

Given this apparent complexity, one feature of the Antarctic icecore records, which has previously received little attention, takes on new significance. As shown in Fig. [1,](#page-0-0) although each of the past 8 glacial cycles had its own peculiarities, the minima of *D* (a proxy for Antarctic atmospheric temperature) and  $CO<sub>2</sub>$  were always very similar:  $-440 \pm 5\%$  and  $190 \pm 7$  ppm, respectively. This similarity contrasts sharply with the interglacials, during which  $\delta D$  and  $CO<sub>2</sub>$  varied more broadly (Supplementary Table 1). It also contrasts with the different temporal pathways followed by  $\delta D$  and  $CO<sub>2</sub>$ ; although their overall correlation is striking, they diverge from a linear relationship over periods spanning many thousands of years.

The  $CO<sub>2</sub>$  minima are also remarkable when compared with reconstructions of atmospheric  $CO<sub>2</sub>$  before the ice ages<sup>11,12</sup>. Although  $CO<sub>2</sub>$  has often been far higher than during interglacials, exceeding 1,000 ppm (ref. [13\)](#page-3-10), there are no reconstructions showing unambiguously lower values than the glacial  $CO<sub>2</sub>$  minima. In fact, a recent reconstruction of atmospheric  $CO<sub>2</sub>$  during the last prolonged 'icehouse' of the Carboniferous period shows that minimum values of  $\sim$ 200 ppm were repeatedly reached during Carboniferous glaciations, indistinguishable (within uncertainty) from the minima recorded in ice cores spanning the past 800 kyr (ref. [14\)](#page-3-11). Together,

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**Figure 1 | Glacial cycles over the past 800 kyr. a**–**c**, Time-series curves showing a global stack of benthic foraminifera  $\delta^{18}$ O (ref. [48\)](#page-3-12) (a), the EPICA Dome C ice-core  $\delta D$  record<sup>49</sup> (**b**), and a compilation of atmospheric CO<sub>2</sub> records from multiple ice core[s45](#page-3-14) (**c**) over the period 800–20 ka. The horizontal dashed lines indicate the average minima of δ*D* and CO<sub>2</sub>; shading shows 1 s.d. around these minima. The minima of  $\delta^{18}O$ , which reflect a combination of terrestrial ice volume and deep sea temperature, are more variable and therefore not indicated.

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these observations raise an important question: is there a lower limit to atmospheric  $CO<sub>2</sub>$  on the geologically short timescale of glacial cycles?

#### **Statistical analysis**

We first take a closer look at the features of the Antarctic icecore  $\delta D$  and CO<sub>2</sub> records, in comparison with the calculated peak summertime insolation at 65° N, and a reconstruction of the global volume of terrestrial ice (expressed as relative sea level). For the latter, we use the stacked benthic foraminifera-derived estimates given by ref. [15,](#page-3-15) but alternative reconstructions yield similar results (Supplementary Figs 1 and 2). For all, we use the time period 800–20 thousand years ago (ka), which begins and ends just before deglaciations.

Figure [2](#page-1-0) shows the frequency distributions of the four time series. Like the orbitally determined insolation (Fig. [2a\)](#page-1-0), the sea level reconstructions follow a normal distribution (Fig. [2b\)](#page-1-0), with a clear mode of  $-31$  m that is close to the mean value of  $-37$  m. In contrast, the Antarctic  $\delta D$  has a single mode that is strongly skewed to cold values (Fig. [2c\)](#page-1-0). In fact, the most common Antarctic  $\delta D$  is very close to the lowest recorded Antarctic  $\delta D$ , showing a clear preference for the cold state. A global air surface temperature (GAST) reconstruction<sup>16</sup> also shows a cold mode, although with considerably less skew, as shown in Supplementary Figs 3-5. The greater skew of  $\delta D$  relative to the GAST reconstruction could reflect nonlinear impacts of Southern Ocean sea ice and atmospheric circulation at the Antarctic icecore site (see Supplementary Discussion 2). In addition, we note that the GAST reconstruction does not show the consistent lower bound observed for  $\delta D$  (Supplementary Fig. 4). We are not aware whether this absence indicates that the lower bound of temperature (Fig. [1b\)](#page-0-0) is specific to Antarctica, or if it reflects uncertainty in the GAST reconstruction. Regardless, the apparent preference for the cold state is a remarkable contrast with the rarity of maximum icesheet volume.

Figure [2d](#page-1-0) shows that  $CO<sub>2</sub>$  has a more complex frequency distribution, with two clear modes near 200 and 240 ppm that could perhaps correspond to the low mode of Antarctic *D* and the central mode of ice volume, respectively. The  $CO<sub>2</sub>$  distribution is notably less-skewed than that of Antarctic *D*, and is of similar skewness to the GAST reconstruction. A third mode, which is much weaker but nonetheless significant, occurs at the interglacial  $CO<sub>2</sub>$  of 275 ppm over the past four glacial cycles but was absent during the lukewarm interglacial cycles (800-440 ka) when both  $CO<sub>2</sub>$  and Antarctic  $\delta D$ were more normally distributed (Supplementary Figs 6 and 7). But despite differences between the earlier and later cycles, the lower bounds of atmospheric CO<sub>2</sub> and Antarctic δD were very similar, and the low  $CO<sub>2</sub>$  and  $\delta D$  modes remained pronounced throughout the past 800 kyr.

The fact that ice sheets were very rarely at their largest extents, despite the preference of  $CO<sub>2</sub>$  and Antarctic temperature for the cold states, is consistent with direct orbital forcing and internal icesheet dynamics having exerted strong controls on ice-sheet size<sup>17</sup>. We focus now on potential mechanisms to explain the Earth system preference for a relatively invariant, cold, low-CO<sub>2</sub> state.

#### **Possible stabilizing feedback pathways**

A lower bound on Antarctic temperature and  $CO<sub>2</sub>$  could be explained by an instability threshold, by which arrival at the coldest state triggers rapid warming<sup>18,19</sup>. However, a direct trigger cannot explain the preference for the cold state, and is inconsistent with the heterogeneous durations of the coldest periods (Supplementary Table 2). Instead, we hypothesize that the coldest, lowest- $CO<sub>2</sub>$  states were the most common over the past 800 kyr because of one or more stabilizing feedbacks that resisted further cooling, on a timescale of *<*10 kyr. As such, any cooling tendency would have

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**Figure 2 | Frequency distributions of insolation, sea level, Antarctic temperature and CO<sub>2</sub> over glacial cycles. a-d, Histograms showing the** frequency of occurrence of 21 June insolation at 65° N (a), relative sea leve[l15](#page-3-15) (**b**), the EPICA Dome C ice-core *D* (ref. [49\)](#page-3-13) (**c**), and atmospheric CO2 (ref. [45\)](#page-3-14) (**d**) over the period 800–20 ka. The frequency distributions are calculated from 1-kyr interpolated time series and are shown on the vertical axes, both for discrete bins and as smooth distributions using the MATLAB ksdensity function.

encountered increasing resistance as the temperature fell, leading to a preferred state.

The lower bounds and cold modes of  $\delta D$  and  $CO_2$  suggest that one or more stabilizing feedbacks affected  $CO<sub>2</sub>$  and/or Antarctic temperature. But because Antarctic temperature is related to global temperature, which is coupled to  $CO<sub>2</sub>$ , it is not clear whether the feedback(s) acted on just one of the two, on both, or on the coupling

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representing the radiative effect of  $CO<sub>2</sub>$  on global atmospheric temperature (Temp), and any mechanisms by which lower global temperatures lead to reduced  $CO<sub>2</sub>$ , such as the temperature-dependent solubility of  $CO<sub>2</sub>$  in seawater. The green arrows indicate conceivable negative feedbacks acting on temperature,  $CO<sub>2</sub>$ , or the coupling between them. The negative feedbacks are labelled here according to the variable that causes the feedback (temperature, 'T' or  $CO_2$ , 'C') followed by the variable on which the feedback would act. For example, feedback TC would involve a decrease of temperature that produced an increase of atmospheric  $CO<sub>2</sub>$ .

between them (Fig. [3\)](#page-2-0). We therefore consider four non-exclusive pathways by which negative feedbacks may have operated.

First, the lower limit could have been maintained by a temperature-controlled negative feedback, which resisted further cooling at low temperatures (TT). One such physical limit is the freezing point of seawater: waters feeding the deep ocean cannot be cooled below  $-2^{\circ}$ C, a limit that was closely approached during the glacial maximum (LGM)<sup>20</sup>. However, the temperature of the deep ocean has little effect on the global atmosphere, since the outcrop regions of deep waters represent a very small fraction of the Earth surface. In addition, we are unaware of any such limit in climate models, which continue to cool as CO<sub>2</sub> is lowered below 180 ppm. A second possible feedback pathway, by which the  $CO<sub>2</sub>$  impact on temperature is reduced in the cold state (CT), is also in conflict with the tendency of climate models to show an increasing sensitivity to radiative forcing as the climate cools<sup>21</sup>. Thus, pathways TT and CT both appear unlikely.

A third pathway involves physical mechanisms that could prevent further lowering of  $CO<sub>2</sub>$  as the Earth grows very cold (TC). For example, it has been speculated that more extensive sea ice in the Southern Ocean reduced atmospheric  $CO<sub>2</sub>$  during ice ages, due to both its effect on ocean circulation<sup>22</sup> and direct impedance of outgassin[g23](#page-3-23)[–25.](#page-3-24) A limit to the extent of Southern Ocean sea ice, or to its impact on carbon storage via ocean circulation or air–sea exchange, could have prevented CO<sub>2</sub> from decreasing further, and a role of the Southern Ocean in limiting  $CO<sub>2</sub>$  drawdown would be intuitively consistent with the consistent lower bound and strong skew of Antarctic *D*. However, if such a temperature-sensitive feedback acts exclusively on the air-sea partitioning of  $CO<sub>2</sub>$ , it would not have been sensitive to changes in the combined air– sea carbon inventory. Thus, if changes in the terrestrial biosphere or geological processes had produced a significant contrast in the ocean–atmosphere carbon pool between  $CO<sub>2</sub>$  minima, it would have led to different atmospheric CO<sub>2</sub> for the same air–sea partitioning. This prediction suggests a means by which the TC pathway could be tested in future.

In addition, the TC pathway cannot obviously explain the similar  $CO<sub>2</sub>$  minima during the Carboniferous ice ages<sup>14</sup>, and would raise the question why it did not prevent 'snowball' episodes from occurring in the more distant past. It has been well documented that large ice sheets invaded the low latitudes multiple times during the Neoproterozoic era<sup>26</sup>. Intriguingly,  $CO<sub>2</sub>$  levels could have been significantly higher during Neoproterozoic snowball initiation than during the LGM<sup>27</sup> because the relative faintness of the Sun would have allowed glaciation to occur at significantly higher  $CO<sub>2</sub>$  levels.

Although highly speculative, this would tentatively point towards a feedback that is sensitive to the CO<sub>2</sub> concentration itself.

This leads to the final pathway, CC, which would either increase the ocean–atmosphere C inventory or shift C from the ocean to the atmosphere, in response to falling  $CO<sub>2</sub>$ . Silicate weathering rates are thought to decrease as terrestrial temperatures and precipitation decrease, which would lead to an increase in the C inventory, stabilizing atmospheric  $CO_2$  on a  $>10^5$  yr timescale<sup>28,29</sup>, but the reaction time would appear to be too slow to provide a strong control on the  $<$ 10<sup>4</sup> yr timescale of the glacial CO<sub>2</sub> minima<sup>30</sup>. An alternative is the dependence of photosynthetic organisms on  $CO<sub>2</sub>$ .

#### **CO2-limitation of photosynthesis**

In terrestrial ecosystems, carbon fixation by plants is limited by low ambient  $CO<sub>2</sub>$  (ref. [31\)](#page-3-30). On this basis, ref. [12](#page-3-9) proposed that CO2-limitation had significantly reduced plant-mediated silicate weathering during low-CO<sub>2</sub> intervals of the past 24 million years, thereby enforcing a lower bound on the ocean–atmosphere carbon inventory over  $>10^5$  yr timescales. Subsequent experiments have been consistent with this 'carbon starvation' mechanism, showing reduced weathering by tree-root-associated fungi under low  $CO<sub>2</sub>$ (ref. [32\)](#page-3-31). Although the feedback on silicate weathering would appear too slow to play a role on the  $10^4$  yr timescale of glacial  $CO<sub>2</sub>$ minima<sup>30</sup>, it may be possible that strongly reduced weathering rates lowered ocean alkalinity (thereby decreasing  $CO<sub>2</sub>$  solubility) on a millennial timescale. Alternatively, reduced photosynthesis rates during the LGM would have slowed the accumulation of terrestrial biomass $^{14}$ , consistent with estimates for lower terrestrial primary production rates<sup>33</sup>. By slowing the accumulation of carbon in vegetation and soils, this would have provided a stabilizing feedback via an increase of the ocean–atmosphere carbon pool.

Finally, in the ocean,  $CO<sub>2</sub>$ -limitation can reduce growth rates among some phytoplankton taxa<sup>34</sup>. Laboratory experiments have suggested that marine  $N_2$  fixing cyanobacteria are especially sensitive to low  $CO<sub>2</sub>$  (ref. [35\)](#page-3-34), with growth rates strongly decreased below a  $p_{CO_2}$  of 200 ppm (ref. [36\)](#page-3-35). N<sub>2</sub> fixers play a critical role in the marine ecosystem, counteracting the continual loss of fixed nitrogen by denitrification. This biologically available nitrogen is the primary limiting nutrient for the export of organic matter, which is responsible for the ocean biological 'soft tissue' carbon pump<sup>37</sup>. Marine sediment records have suggested that the global soft tissue pump was stronger during the LGM than during the Holocene<sup>38</sup>, but at the same time,  $N_2$  fixation rates appear to have been much slower than during the Holocene<sup>39,40</sup>, which has been commonly attributed to reduced phosphorus availability given slower rates of denitrification<sup>41</sup> despite more abundant Fe supply from dust<sup>42,43</sup>. If  $N_2$  fixation had also been progressively handicapped as  $CO_2$  fell because  $N_2$  fixers were having a hard time growing, it could have put the brakes on the strengthening of the soft tissue pump, shifting carbon from the ocean back to the atmosphere as  $CO<sub>2</sub>$  fell to very low values.

The analysis here highlights the consistency of  $CO<sub>2</sub>$  minima, and the strong low mode of  $CO<sub>2</sub>$ , as unexplained aspects of late Pleistocene glacial cycles. The proposed lower bound on  $CO<sub>2</sub>$ could have implications for understanding the periodicity of glacial cycles<sup>44</sup>, as well as the constancy of average  $CO<sub>2</sub>$  over the past 800 kyr (ref. [28\)](#page-3-27). Although our discussion points towards a  $CO_2$ -stabilizing feedback that responds directly to the  $CO<sub>2</sub>$  concentration itself, we cannot currently provide a definitive test of the proposed hypotheses given a lack of suitable observational constraints, and additional hypotheses are entirely possible. Notably, Fig. [1](#page-0-0) shows one brief excursion of  $CO<sub>2</sub>$  below the typical glacial minimum at  $\sim$ 667 ka, when EPICA Dome C ice-core measurements reach a minimum of 174 ppm (refs [45](#page-3-14)[,46\)](#page-3-44). The absolute value of this minimum should be regarded with care, as specific measurement methods in technically challenging sections of the ice core can also lead to

erroneous results<sup>46,47</sup>. However, if real, its brevity (a few thousand years) could indicate the timescale on which the negative feedback operates, and further study of this time interval might help to test possible mechanisms regarding what appears to be a fundamental, yet unexplained, homeostatic regulation of the Earth system.

#### **Methods**

Methods, including statements of data availability and any associated accession codes and references, are available in the [online version of this paper.](http://dx.doi.org/10.1038/ngeo2914)

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#### **Author contributions**

E.D.G. initiated the study and wrote the first draft of the paper. S.E. contributed to the development of figures, analysis and revisions of the text.

#### **Additional information**

Supplementary information is available in the [online version of the paper.](http://dx.doi.org/10.1038/ngeo2914) Reprints and permissions information is available online at [www.nature.com/reprints.](http://www.nature.com/reprints) Publisher's note: Springer Nature remains neutral with regard to jurisdictional claims in published maps and institutional affiliations. Correspondence and requests for materials should be addressed to E.D.G.

### **Competing financial interests**

The authors declare no competing financial interests.

### **Methods**

**Data availability.** The data used in this paper are available at the following sources. Bereiter et al. (2015), CO<sub>2</sub> data: [http://onlinelibrary.wiley.com/store/](http://onlinelibrary.wiley.com/store/10.1002/2014GL061957/asset/supinfo/grl52461-sup-0003-supplementary.xls?v=1&s=e77ad89c3925111330671009ab40eac65e019d01)

[10.1002/2014GL061957/asset/supinfo/grl52461-sup-0003](http://onlinelibrary.wiley.com/store/10.1002/2014GL061957/asset/supinfo/grl52461-sup-0003-supplementary.xls?v=1&s=e77ad89c3925111330671009ab40eac65e019d01) [supplementary.xls?v=1&s=e77ad89c3925111330671009ab40eac65e019d01.](http://onlinelibrary.wiley.com/store/10.1002/2014GL061957/asset/supinfo/grl52461-sup-0003-supplementary.xls?v=1&s=e77ad89c3925111330671009ab40eac65e019d01) Snyder (2016), GAST reconstruction:

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# **A** lower limit to atmospheric CO<sub>2</sub> concentrations **last 800,000 years" over the past 800,000 years**

Eric D. Galbraith and Sarah Eggleston

## **Supplementary Discussion**

## **SD1. Possible limits of CO2 detection or preservation in ice cores**

Any bias in preservation or measurement at low  $CO<sub>2</sub>$  concentrations would potentially influence the statistical distribution of  $CO<sub>2</sub>$  over time. We therefore review the measurement techniques and possible preservation issues in detail.

All of the  $CO<sub>2</sub>$  measurement studies presented here use a dry mechanical extraction technique<sup>1-5</sup> with the exception of one, which employs the use of sublimation extraction<sup>6</sup>. The mechanical extraction typically involves insertion of the ice sample into a chamber under high vacuum and crushing of the ice using needles to pulverize the ice and allow the entrapped gas to be released. In the latter technique, the sample is sublimated under vacuum to release the air from the bubbles and clathrates with 100% efficiency. In all methods,  $CO<sub>2</sub>$  (often together with N<sub>2</sub>O) is separated from the other gases, and the concentration is measured using gas chromatography.

Several issues must be considered when translating the measured  $CO<sub>2</sub>$  into atmospheric  $CO<sub>2</sub>$  values of the past. While the typical analytical measurement precision is approximately 1 ppm for modern measurement systems, the procedure may produce a non-zero "blank," determined by passing a standard gas of known  $CO<sub>2</sub>$  concentration over gas-free ice. The "blank" may be as high as  $10 \text{ ppm}^7$ . This could be due to release or adsorption of  $CO<sub>2</sub>$  by the apparatus and is subtracted from the chromatography measurement. The standard gases typically have concentrations of  $CO<sub>2</sub>$  between 180 and 280 ppm, and while it cannot be excluded that the calibration below this range is exactly linear, "blank" measurements have been shown to produce values close to zero on a similar measurement system $\delta$ ; thus, the lower detection limit lies well below the lower bound of the data.

Within the ice core, processes have been identified that could cause production of  $CO<sub>2</sub>$  either due to the presence of particular inorganic<sup>9</sup> or organic<sup>10</sup> compounds. However,

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*in situ* production of  $CO<sub>2</sub>$  at least during the past two glacial periods can be excluded from Antarctic ice cores based on evidence from measurements of the stable carbon isotope during these periods<sup>11,12</sup>. Gravitational fractionation of gases causes  $CO<sub>2</sub>$  to be preferentially excluded from the firn, thus enriching the concentration in the underlying ice. However, this effect results in a correction of less than 2  $ppm<sup>13</sup>$ . The mechanical extraction technique has been found to be inaccurate in regions of the ice core containing both bubbles and clathrates, perhaps due to fractionation of  $CO<sub>2</sub>$  between these two structures<sup>14</sup>, but this effect is isolated to the particular depth range in each ice core where both bubbles and clathrates are found, which has been excluded from the data presented here.

It is important to interpret the absolute values of the  $CO<sub>2</sub>$  minima carefully, given that offsets have been noted among some ice cores on the order of 4 ppm<sup>13,15,16</sup>, the cause of which is not yet entirely understood. However,  $CO<sub>2</sub>$  during six of the eight glacial periods discussed here has been measured on a single ice core (EPICA Dome C). The remaining two were measured on Dome Fuji, and the period of overlap of these two ice cores shows good agreement. Thus, while the absolute values of the data used in this study may be shown to have a slight error, this would not affect the distributions discussed here.

In summary, it appears unlikely that the low  $CO<sub>2</sub>$  measurements are biased to any significant degree, and are very likely robust within an absolute uncertainty of 5 ppm.

### **SD2. Relationship between** d**D, Antarctic and global temperature**

We use  $\delta$ D as a proxy for global temperature, given that it is precisely defined, and is available at the same high sampling resolution as the  $CO<sub>2</sub>$  measurements, making it suitable for the statistical analyses. Here we discuss the likely bias between  $\delta D$ , the local Antarctic temperature, and globally-averaged surface air temperature.

While  $\delta$ D is primarily a function of site temperature, it depends as well on the temperature at the water vapor source<sup>17</sup>. Therefore, the relationship between  $\delta D$ measured at EDC and Antarctic temperature is not strictly linear. While deuterium excess measurements ( $d = \delta D - 8 \delta^{18}O$ ) allow for necessary corrections, thus providing a better

estimate of Antarctic temperature, these data are only available over one glacial cycle. However, the data over this period indicate that the corrections of modeled temperature using only  $\delta D$  are small<sup>18,19</sup>. Models have shown that sea ice can have an impact on the stable water isotopes in Antarctic ice cores<sup>20</sup> due to changes in precipitation regions; this can be significant at coastal sites. However, the data discussed here are derived from EPICA Dome C, located far from the coast, where this effect is believed to be small. As shown in Figure S3, the frequency distribution of Antarctic temperatures, calculated from the  $\delta D$ , is not noticeably different than the  $\delta D$  distribution.

When considering the relationship between Antarctic temperature and globallyaveraged surface air temperature, one would expect temperature changes in Antarctica to have been larger due to polar amplification. The temperature in Antarctica could have been additionally modified by changes in sea ice extent in the Southern Ocean, and changes in atmospheric circulation. In order to test the influence these may have had on the frequency distribution, we take advantage of the reconstruction of globally-averaged surface air temperature (GAST) provided by Ref.<sup>21</sup>. As shown in Figures S??, the cold mode of temperature is also evident in the global average. Intriguingly, the distribution of temperatures in the GAST reconstruction is more similar to that of  $CO<sub>2</sub>$  than that of  $\delta D$ .

**Table S-1.** Variability among coldest periods compared to warmest periods of the last 800 ky. The means and standard deviations (S.D.) are shown for the lowest and highest 13% of the respective 1-kyr binned datasets, 20-800 kyr. The Antarctic temperature is given as degrees C relative to the last  $1000y$ , as derived from  $\delta D$ . As shown in the final column, the standard deviations of the warm periods (87-100%) are much higher than those of the cold periods.

Parameter	Mean $0-13\%$   S.D. $0-13\%$		Mean 87-100% S.D. 87-100%	S.D. warm/cold
$CO2$ (ppm)	190.0	4.0	268.0	
Ant temp $({}^{\circ}C)$ , $\delta D$	$-8.9$	0.4	0.0	

**Table S-2.** Durations of coldest periods of the last 800 ky. Coldest periods are identified as continuous periods around local minima during which the 10-ky running mean of the respective parameter is within the given range of the local minimum. The durations are mostly on the order of 12 ky, but two are significantly longer, which is not consistent with a straightforward trigger mechanism by which cold climates initiate deglaciation.





# (b) dD, range: 5 ‰



# **Supplementary Figures**



Figure S1. Comparison of three reconstructions of relative sea level <sup>22-24</sup> over time.



Figure S2: Histograms comparing the sea level reconstructions by ref. 24, top panels; ref. 22, middle panels; and ref. 23, bottom panels, arranged in columns according to the time periods (a) 20-800 ka (b) 440-800 ka, and (c) 20-440 ka.



Figure S3. Antarctic  $\delta$ D compared to local temperature and global temperature. The top panel shows the frequency distribution for  $\delta$ D over the full 20-800 ka period. The middle panel shows the frequency distribution of temperatures, estimated from  $\delta$ D at EPICA Dome C. The lower panel shoes the Global Average Surface Temperature (GAST) reconstruction of Ref. 21.



**Figure S4.** Timeseries using the Global Average Surface Temperature reconstruction of Ref. 21. As Figure 1, but replacing  $\delta$ D with GAST.



**Figure S5.** Frequency distributions using the Global Average Surface Temperature reconstruction of Ref. 21. As Figure 2, but replacing dD with GAST.



**Figure S6.** As in Figure 2, showing only (a) 440-800 ka, the lukewarm interglacials and

(b) 20-440 ka, the full interglacials.



**Figure S7.** The skewness of the  $\delta^{18}O$ , EDC  $\delta$ D and atmospheric CO<sub>2</sub> records over (a)

440-800 ka, lukewarm interglacials only, (b) 20-800 ka, the full record considered here,

and (c) 20-440 ka, the full interglacials only.

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