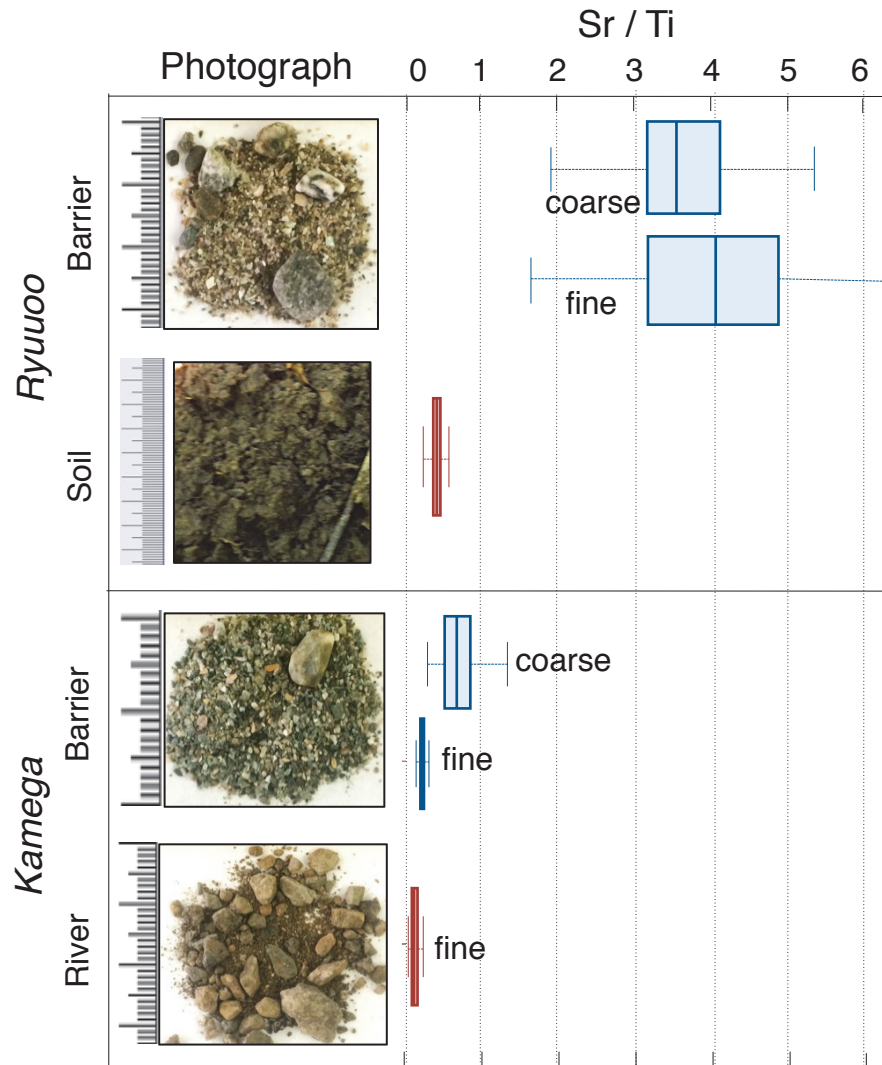
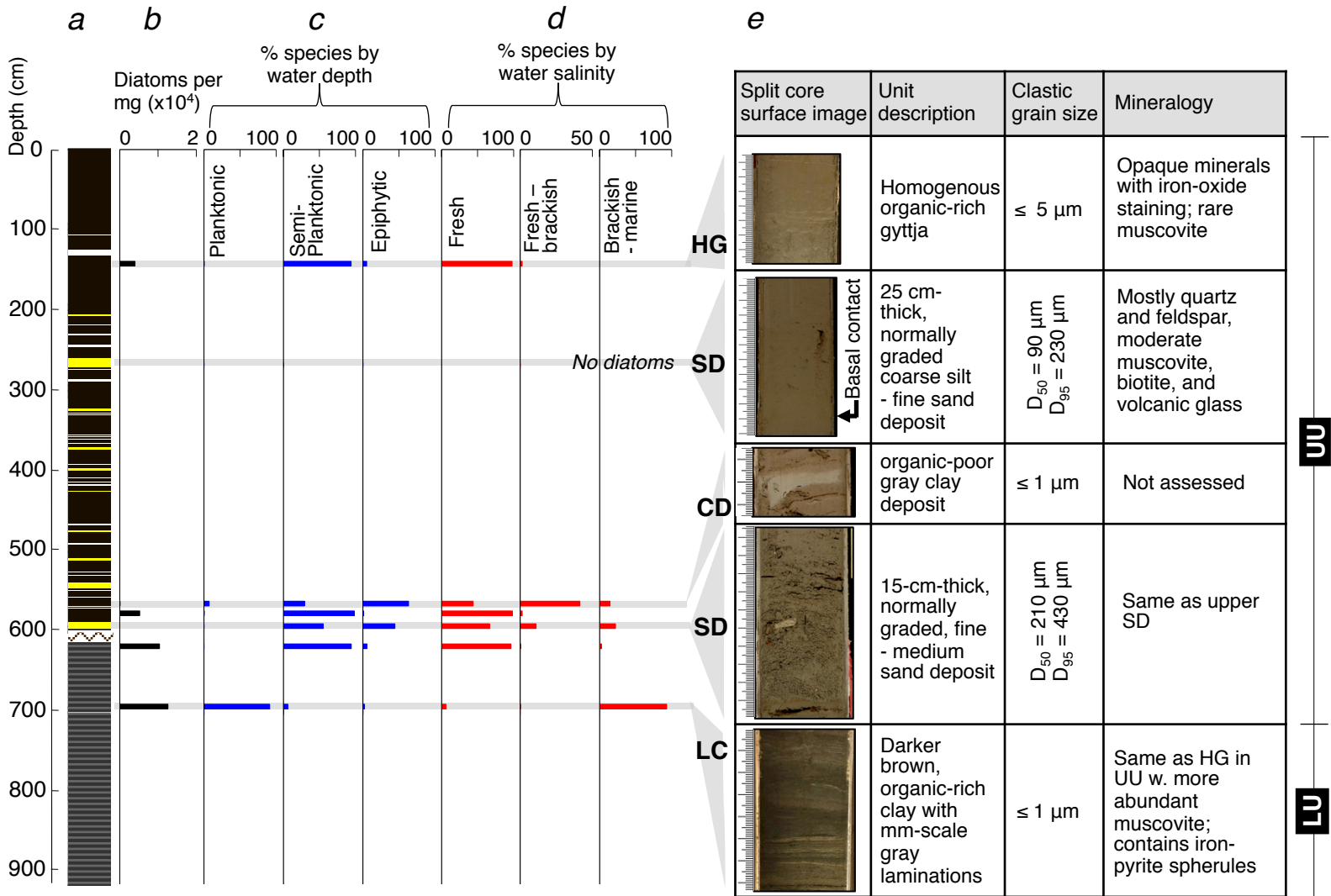


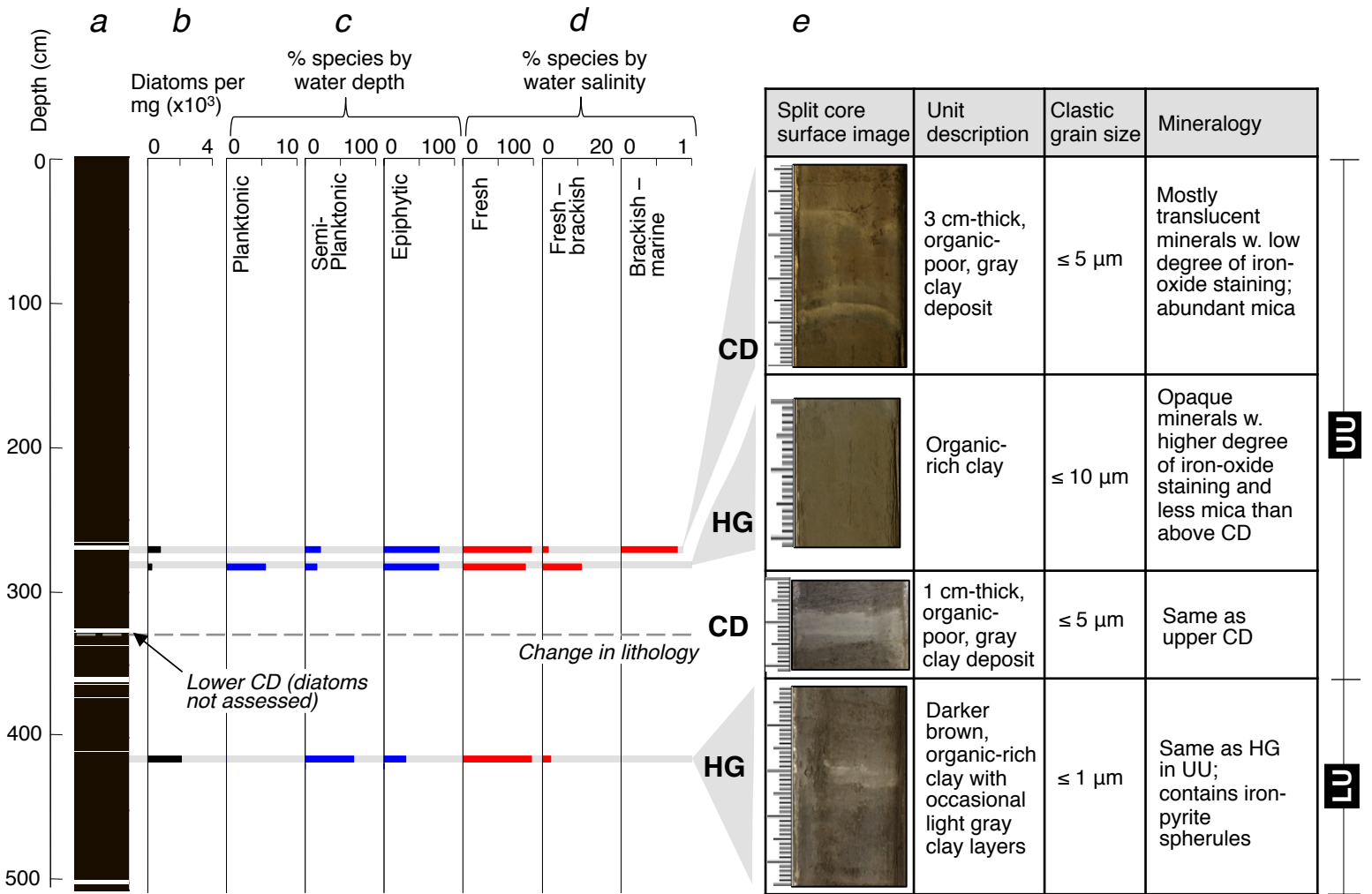
Supplementary Figure 1



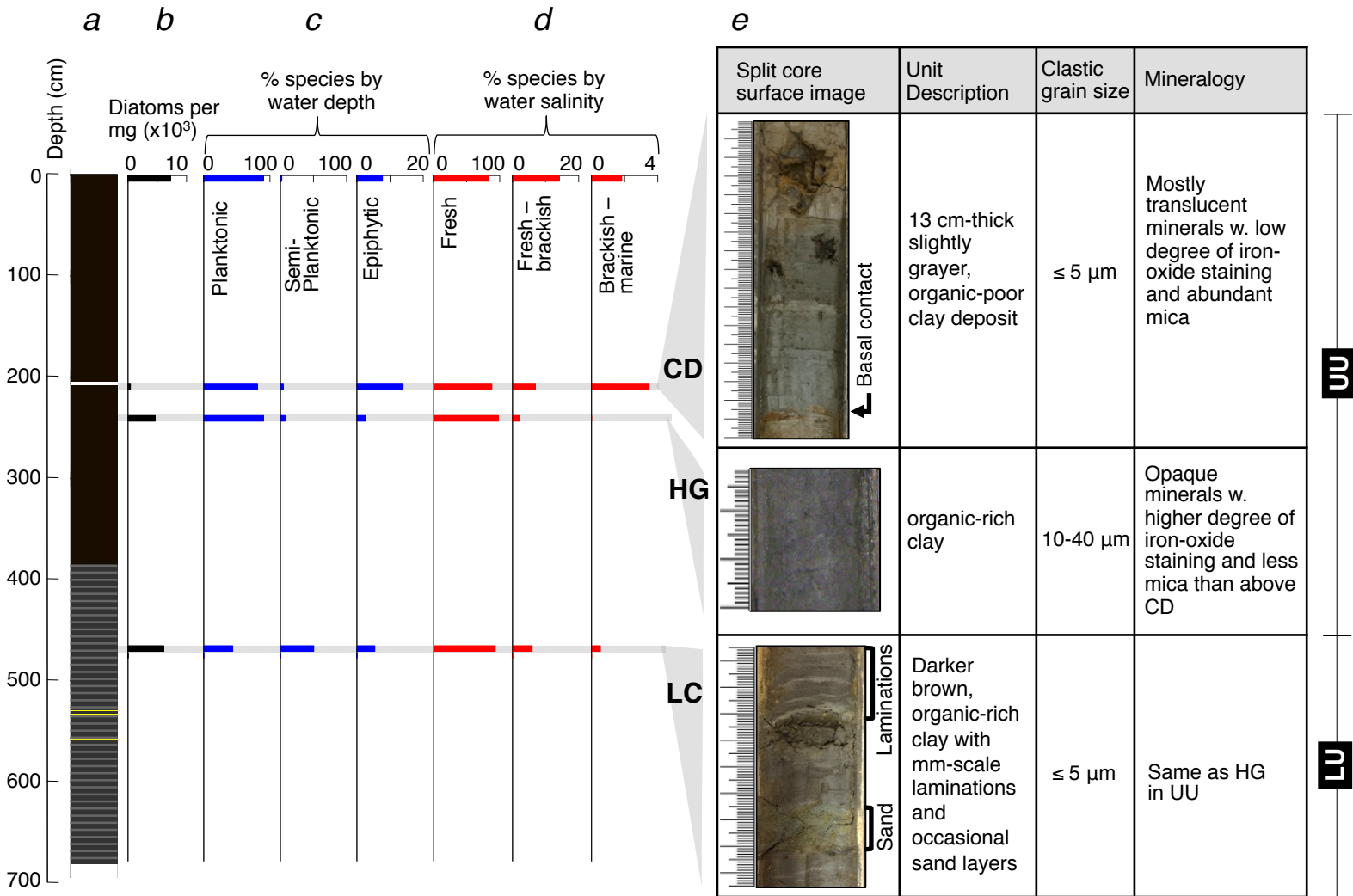
Supplementary Figure 2



Supplementary Figure 3



Supplementary Figure 4



Supplementary Table 1

Index No.	Lab No.	Core	Depth (cm)	¹⁴ C age	Cal yrs BP (2σ)	Material dated
1	112518	RYU	226	210 ± 20	0 - 301	Plant/wood
2	112519	RYU	301.5	160 ± 20	0 - 283	Plant/wood
3	112520	RYU	440 - 441	620 ± 20	553 - 656	Plant/wood
4	112521	RYU	566 - 567	925 ± 20	792 - 912	Plant/wood
5	112522	RYU	630	1005 ± 20	834 - 962	Plant/wood
6	112523	RYU	922	2540 ± 20	2506 - 2745	Plant/wood
7	47636	AMI	259	200 ± 30	0 – 303	Plant/wood
8	OS-89699	AMI	294	565 ± 65	510 – 659	Plant/wood (aquatic plant)
9	OS-89572	AMI	384	1590 ± 35	1403 – 1553	Plant/wood (aquatic plant)
10	OS-89518	AMI	424 – 425	1780 ± 25	1618 – 1809	Plant/wood
11	OS-89335	AMI	472 – 473	2210 ± 30	2148 – 2319	Plant/wood
12	OS-89336	AMI	493 – 494	2460 ± 25	2379 – 2705	Plant/wood
13	OS-112351	KAM1	236	145 ± 30	2 – 282	Plant/wood
14	112513	KAM1	415	1100 ± 20	961 – 1057	Plant/wood
15	112514	KAM1	504	1575 ± 20	1411 – 1526	Plant/wood
16	112515	KAM1	527	1680 ± 20	1538 – 1685	Plant/wood
17	112516	KAM1	576	1955 ± 20	1833 – 1967	Plant/wood
18	112517	KAM1	689	3130 ± 20	3258 – 3396	Plant/wood

Supplementary Table 2

	Sample Depth (cm) Code	Ryu-1	Ryu-2	Ryu-3	Ryu-4	Ryu-5	Ryu-6	Ryu-7		Ami-1	Ami-2	Ami-3		Kam-1	Kam-2	Kam-3	Kam-4	
		142	268	565	577	593	618	693		269	281	413		3	215	248	483	
		HG	SD	HG	CD	SD	LC	LC		CD	HG	HG		HG	CD	HG	LC	
Species	Water Depth	Water Salinity																
<i>Aulacoseira ambigua</i>	plankton	fresh												43	43	202	65	
<i>Cyclotella stelligera</i>	plankton	fresh								1				123	22	6	8	
<i>Cyclotella meneghiniana</i>	plankton	fresh-brackish			3									31		3	8	
<i>Thalassiosira bramaputrae</i>	plankton	fresh-brackish				1									5			
<i>Cyclotella caspia</i>	plankton	brackish-marine	1					230										
<i>Staurosira spp</i>	semi-plankton	fresh	187		8	201	10	193	14	20		137				4	3	
<i>Synedra ulna</i>	semi-plankton	fresh	2		4	6		3	2	6	3	7		5	4	12	90	
<i>Achnanthydium minutissimum</i>	benthos	fresh	1							6	2			13				
<i>Cocconeis placentula</i>	benthos	fresh								10	3	5				1		
<i>Cymbella cistula</i>	benthos	fresh								6		18			3			
<i>Diploneis ovalis</i>	benthos	fresh								52	1	4					3	
<i>Epithemia adnata</i>	benthos	fresh								3	1	8						
<i>Eunotia pectinalis</i>	benthos	fresh								4	4	4						
<i>Gomphonema olivaceum</i>	benthos	fresh	2							4					1	1		
<i>Navicula bacillum</i>	benthos	fresh								1	1							
<i>Navicula contenta</i>	benthos	fresh								2					1			
<i>Navicula pupula</i>	benthos	fresh										1						
<i>Navicula radiosa</i>	benthos	fresh	5		6		2	5				15			2		2	
<i>Nitzschia amphibia</i>	benthos	fresh										2						
<i>Pinnuralia spp.</i>	benthos	fresh								1		3						
<i>Stauroneis phoenicentron</i>	benthos	fresh								1						2		
<i>Surirella ovalis</i>	benthos	fresh															1	
<i>Anomoeoneis spp.</i>	benthos	fresh-brackish			2													
<i>Bacillaria paradoxa</i>	benthos	fresh-brackish													1			
<i>Gyrosigma spp.</i>	benthos	fresh-brackish	2				1			2	1					1		
<i>Mastogloia elliptica</i>	benthos	fresh-brackish			12		1	1				1					2	
<i>Navicula mutica</i>	benthos	fresh-brackish																
<i>Navicula pygmaea</i>	benthos	fresh-brackish																
<i>Nitzschia frustulus</i>	benthos	fresh-brackish														1		
<i>Rhopalodia gibberula</i>	benthos	fresh-brackish				2			1			5					1	
<i>Synedra tabulata</i>	benthos	fresh-brackish	1															
<i>Amphora spp.</i>	benthos	brackish-marine			3		2	3	3			1		4				
<i>Diploneis smithii</i>	benthos	brackish-marine													2			
<i>Diploneis subcincta</i>	benthos	brackish-marine							2									
<i>Entomoneis alata</i>	benthos	brackish-marine					1											
<i>Nitzschia constricta</i>	benthos	brackish-marine			3		1	3		1					1		1	
Total Observed			201	0	41	210	18	208	252		119	19	209		219	85	233	184
Sample Wt. (mg)			5	5	5	5	5	5	5		5	5	5		5	5	5	5
Observed Area /50			0.5	10	4	0.4	10	0.2	0.2		1.5	0.7	1		0.3	2	0.5	0.3
No. Diatoms Per 1 mg			4020	0	103	5250	18	10400	12600		793	271	2090		7300	425	4660	6133
No. Plankton			1	0	3	1	0	0	230		0	1	0		197	70	211	81
No. Semi-plankton			189	0	12	207	10	196	16		26	3	144		5	4	16	93
No. Epiphytic			11	0	26	2	8	12	6		93	15	65		17	11	6	10
Plankton(%)			0.50	0.00	7.32	0.48	0.00	0.00	91.27		0.00	5.26	0.00		89.95	82.35	90.56	44.02
Semi-plankton(%)			94.03	0.00	29.27	98.57	55.56	94.23	6.35		21.85	15.79	68.90		2.28	4.71	6.87	50.54
Epiphytic(%)			5.47	0.00	63.41	0.95	44.44	5.77	2.38		78.15	78.95	31.10		7.76	12.94	2.58	5.43
No. Fresh			197	0	18	207	12	201	16		116	16	204		184	76	228	172
No. Fresh-Brackish			3	0	17	3	2	1	1		2	2	5		31	6	5	11
No. Brackish-Marine			1	0	6	0	4	6	235		1	1	0		4	3	0	1
Fresh(%)			98.01	0.00	43.90	98.57	66.67	96.63	6.35		97.48	84.21	97.61		84.02	89.41	97.85	93.48
Fresh-Brackish(%)			1.49	0.00	41.46	1.43	11.11	0.48	0.40		1.68	10.53	2.39		14.16	7.06	2.15	5.98
Brackish-Marine(%)			0.50	0.00	14.63	0.00	22.22	2.88	93.25		0.84	5.26	0.00		1.83	3.53	0.00	0.54