

Supplementary Information

Energetic overturning flows, dynamic interocean exchanges, and ocean warming observed in the South Atlantic

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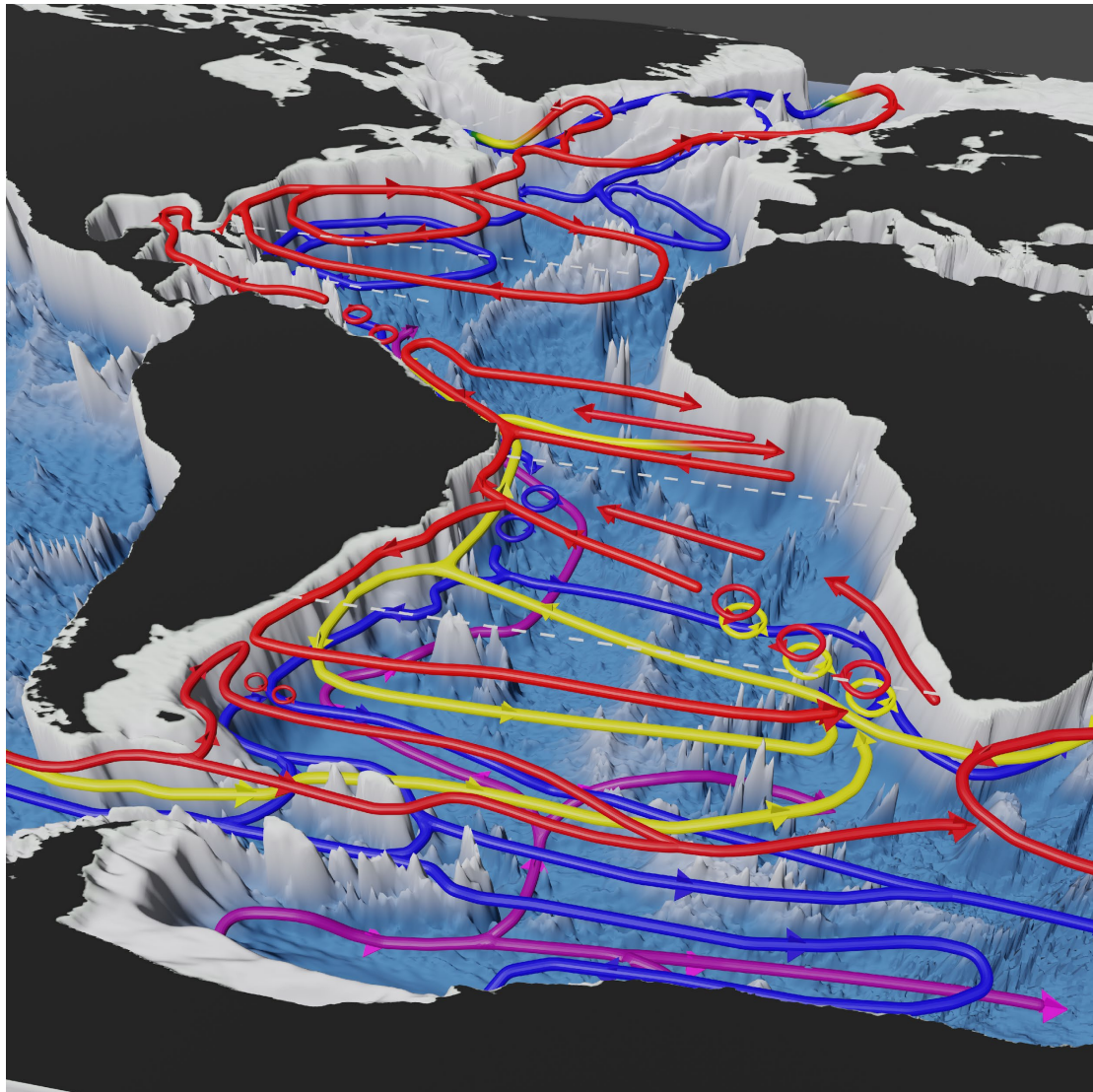
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Supplementary Figure 1: Idealized 3D schematic of the overturning circulation in the Atlantic Ocean. The schematic represents the pathways of surface (red), intermediate (yellow), deep (blue), and abyssal (purple) waters over the bottom topography (blue shading). Transitions between these colors indicate water mass transformations. Dashed white lines indicate the nominal latitudes of the five AMOC monitoring arrays (Box 1 in main article).