Nutrients a) N b) P c) DHA d) EPA 3.0 -Total transport (MT y⁻¹) 0.3 Region 1975 1975 1975 2015 1975 1995 1995 2015 1995 2015 2015 1995 BCWC SEAK CAK BS Contaminants e) Hg f) PCBs g) DDTs h) PBDEs 3.00 Total transport (MT y^{-1}) 0.03 1975 1975 1975 1975 1995 2015 1995 2015 1995 2015 1995 2015