## File S8

## Proof of Result 8

*i*. In a constant environment, the mean fitness  $w^*$  at the symmetric equilibrium  $(\bar{\mathbf{x}}^*, \bar{\mathbf{y}}^*)$ is  $w^* = 1 + sx^*$ , and it is a decreasing function of  $\mu_B$  if  $\frac{\partial x^*}{\partial \mu_B}$  is negative, or equivalently if  $\frac{\partial x^*}{\partial m_B}$  is negative (since  $m_B = m + \mu_B(1-2m)$  and  $0 \le m < \frac{1}{2}$ ). Using the equilibrium equation (14),

$$
\frac{\partial x^*}{\partial m_B} = \frac{1 - (s+2)x^*}{2sx^* + [(s+2)m_B - s]}.
$$
\n(S8.1)

As  $x^* > \frac{1}{s+2}$ , in order for  $\frac{\partial x^*}{\partial m_B}$  to be negative, it is sufficient that

$$
x^* > \frac{s - m_B(s+2)}{2s}.\tag{S8.2}
$$

This follows easily from the fact that  $Q(x)$  of (14) satisfies  $Q(0) < 0$ ,  $Q(x^*) = 0$ , and  $Q\left(\frac{s-m_B(s+2)}{2s}\right)$  $\Big) < 0.$ 

*ii.* With a fitness cycle of period 2, the mean fitness  $\bar{w}$  at the symmetric equilibrium  $(\bar{\mathbf{x}}, \bar{\mathbf{y}})$  is

$$
\bar{w} = (1+s) + sm_B [(s+2)\bar{x} - 1]. \tag{S8.3}
$$

 $\bar{w}$  is an increasing function of  $\mu_B$  if  $\frac{\partial \bar{w}}{\partial \mu_B} > 0$  or equivalently if  $\frac{\partial \bar{w}}{\partial m_B} > 0$ . Now

$$
\frac{\partial \bar{w}}{\partial m_B} = s[(s+2)\bar{x} - 1] + s(s+2)m_B \frac{\partial \bar{x}}{\partial m_B}.
$$
 (S8.4)

Thus  $\frac{\partial \bar{w}}{\partial m_B} > 0$  provided  $\frac{\partial \bar{x}}{\partial m_B} > 0$ . Using the equilibrium equation  $R(x) = 0$  for  $\bar{x}$ , we have

$$
\frac{\partial \bar{x}}{\partial m_B} = \frac{\bar{x}(s+1) - 1}{2s\bar{x} + [2 - m_B(s+2)]}.
$$
 (S8.5)

Since  $\left[\bar{x}(s+1)-1\right]>0$ , we conclude that  $\frac{\partial \bar{x}}{\partial m_B}>0$  if

$$
\bar{x} > \frac{m_B(s+2) - 2}{2s},\tag{S8.6}
$$

which follows from  $R(0) < 0$ ,  $R(\bar{x}) = 0$ , and  $R\left(\frac{m_B(s+2)-2}{2s}\right)$  $\Big) < 0.$