Online Resource Fig. 1 (a) MDS plots of alkaloid composition for five populations of *Oophaga pumilio*. Each point represents an individual frog (70 frogs total, 14 per population). The distance between symbols (frogs) represents differences in alkaloid composition (number, type, and quantity of alkaloids per frog skin; in (b) the diameter of each point is scaled to quantity of alkaloids per frog, and La Selva frogs are encircled by a dotted line to distinguish them from nearby points).