

Supplementary Table S1. Results Using RECIPE V1.04

		Global warming	Stratospheric ozone depletion	Ionizing radiation	Ozone formation, Human health	Fine particulate matter formation	Ozone formation, Terrestrial ecosystems	Terrestrial acidification	Freshwater eutrophication	Marine eutrophication	Terrestrial ecotoxicity	Freshwater ecotoxicity	Marine ecotoxicity	Human carcinogenic activity	Human non-carcinogenic activity	Land use	Mineral resource scarcity	Fossil resource scarcity	Water consumption
		kg CO <sub>2</sub> eq	kg CFC11	kBq Co-60 eq	kg NOx eq	kg PM2.5 eq	kg NOx eq	kg SO2 eq	kg P eq	kgN N eq	kg 1,4-DCB	kg 1,4-DCB	kg 1,4-DCB	kg 1,4-DCB	kg 1,4-DCB	m <sup>2</sup> a crop	kg Cu eq	kg oil eq	m <sup>2</sup>
30- day with digital companion	Germany	0.448	2.45E-07	3.06E-03	1.01E-03	7.65E-04	1.04E-03	1.63E-03	3.50E-05	1.29E-05	2.7	1.29E-03	5.75E-03	6.54E-03	0.204	0.263	6.35E-03	0.141	7.06E-03
	France	0.463	2.61E-07	3.05E-03	1.02E-03	7.66E-04	1.05E-03	1.64E-03	3.51E-05	1.30E-05	2.66	1.33E-03	5.79E-03	6.66E-03	0.206	0.263	6.36E-03	0.141	7.11E-03
	Japan	0.472	2.66E-07	3.11E-03	1.30E-03	8.54E-04	1.33E-03	1.92E-03	3.51E-05	1.30E-05	2.55	1.31E-03	5.71E-03	6.70E-03	0.205	0.263	6.36E-03	0.143	7.11E-03
	UK	0.469	2.45E-07	3.07E-03	1.01E-03	7.67E-04	1.04E-03	1.64E-03	3.50E-05	1.85E-05	2.7	1.29E-03	5.75E-03	6.54E-03	0.204	0.263	6.35E-03	0.141	7.06E-03
30- day without digital companion	Germany	0.323	1.64E-07	1.88E-03	6.32E-04	4.32E-04	6.50E-04	9.63E-04	1.12E-05	9.42E-06	0.99	3.35E-04	8.59E-04	5.06E-03	0.078	0.186	1.96E-03	0.109	5.78E-03
	France	0.338	1.79E-07	1.87E-03	6.41E-04	4.33E-04	6.59E-04	9.66E-04	1.13E-05	9.51E-06	0.95	3.49E-04	8.58E-04	5.17E-03	0.08	0.186	1.97E-03	0.108	5.83E-03
	Japan	0.346	1.85E-07	1.92E-03	9.15E-04	5.18E-04	9.35E-04	1.24E-03	1.13E-05	9.51E-06	0.84	3.32E-04	7.81E-04	5.21E-03	0.079	0.186	1.97E-03	0.111	5.83E-03
	UK	0.344	1.65E-07	1.88E-03	6.36E-04	4.34E-04	6.55E-04	9.67E-04	1.12E-05	1.48E-05	0.99	3.35E-04	8.57E-04	5.06E-03	0.078	0.186	1.96E-03	0.109	5.78E-03
90- day without digital companion	Germany	0.139	7.10E-08	9.43E-04	2.82E-04	2.04E-04	2.90E-04	4.58E-04	5.32E-06	3.90E-06	0.42	1.52E-04	3.86E-04	2.98E-03	0.042	0.073	1.03E-03	0.045	2.61E-03
	France	0.145	7.73E-08	9.39E-04	2.86E-04	2.04E-04	2.93E-04	4.60E-04	5.33E-06	3.94E-06	0.41	1.59E-04	3.86E-04	3.02E-03	0.043	0.073	1.04E-03	0.045	2.63E-03
	Japan	0.149	7.98E-08	9.62E-04	4.05E-04	2.41E-04	4.13E-04	5.77E-04	5.34E-06	3.96E-06	0.36	1.52E-04	3.54E-04	3.04E-03	0.042	0.074	1.04E-03	0.046	2.63E-03
	UK	0.146	7.10E-08	9.40E-04	2.84E-04	2.04E-04	2.91E-04	4.60E-04	5.33E-06	5.96E-06	0.41	1.50E-04	3.76E-04	2.98E-03	0.042	0.073	1.03E-03	0.045	2.61E-03