**Electronic supplement:** Cercarial emission rates at each of the 10 shedding trials.

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Cercarial emission rates of (A) *Himasthla elongata* colonies (log mean no. 4-hrs-1 per redia ± S.E.) and (B) *Renicola roscovita* colonies (log mean no. 4-hrs-1 per mg sporocyst wet weight ± S.E.) at each of the 10 shedding trials (27 days of experimentation) for single and double infections separately. Only data from colonies actually releasing cercariae when challenged are included (*n*cercariae > 0). The periwinkle hosts *Littorina littorea* were offered *ad libitum* food (*Ulva lactuca*) during the first five shedding trials followed by starvation (no algae present) for the remaining experimental period. Sample sizes per mean value (A): *n*single = 24-26, *n*double = 14-15. Sample sizes per mean (B): *n*single = 9-12, *n*double = 6-10.