PRESS KIT

A sulforaphane food supplement, with the added nutrients of microgreens

SYNERGIC is a sulforaphane food supplement made solely from freeze-dried microgreens. Following its preparation protocol, a measured amount of sulforaphane forms in a glass of water before you drink it: 10 mg per serving.



ALICANTE · SPAIN

01 / Why *sulforaphane* attracts scientific interest

IN BRIEF

- Sulforaphane is an isothiocyanate found in broccoli, kale and cabbage.
- A major line of research is its interaction with the Keap1–Nrf2 pathway.
- Nrf2 is a cellular protection pathway.

Among the compounds found in cruciferous vegetables, sulforaphane is one of the most studied. It is associated with broccoli, kale and various types of cabbage.

It belongs to the isothiocyanate family and is mainly studied for how it interacts with the cell's response to stress.

The most analysed pathway is Keap1–Nrf2. Nrf2 is a transcription factor involved in regulating genes linked to the response to oxidative stress and to certain cellular protection and detoxification systems.

In experimental studies, sulforaphane has been shown to modulate this pathway and other biochemical processes.

Clinical research has also looked at broccoli-derived preparations, for example in work on exposure to environmental pollutants and on various physiological and metabolic biomarkers.

For SUPERSENTIALS, this research is the background to its interest in sulforaphane.

02 / *Glucoraphanin* is not sulforaphane: the conversion problem

IN BRIEF

- Sulforaphane forms from glucoraphanin, through an enzyme called myrosinase.
- The amount of sulforaphane obtained depends on where and under what conditions it forms.
- Supplements address this in different ways, so their figures cannot be compared directly.

In intact broccoli tissue, glucoraphanin (the plant precursor of sulforaphane) and myrosinase (the enzyme that converts it) are kept apart. When the tissue is broken and conditions are right, they meet and sulforaphane forms.

Temperature, pH, enzyme activity and the way a product is prepared all have a large effect on the result. That is why two preparations made from the same plant do not necessarily provide the same amount of sulforaphane. If the conversion takes place in the digestive system or depends on gut microbiota, the variability is greater still.

Supplements on the market tackle this problem in different ways. Some provide mainly glucoraphanin, usually from broccoli seed extracts. Others combine glucoraphanin and myrosinase to help the conversion. A third group provides preformed or stabilised sulforaphane. Each approach has its own challenges with conversion, stability and dose reproducibility.

That makes labels hard to compare. A formula can contain a lot of glucoraphanin without telling you how much sulforaphane will actually form.

To interpret a figure, you need to know which compounds are declared and to allow for the variability of sulforaphane formation in the digestive system.

03 / *SYNERGIC's* answer: forming sulforaphane before consumption and measuring it in a lab

IN BRIEF

- SYNERGIC keeps the glucoraphanin and myrosinase found in the plants.
- It is mixed with water in a glass. The sulforaphane forms in the glass, just before you drink it.
- SUPERSENTIALS declares a minimum of 10 mg per 1 g serving.

So that it does not depend on conversion in the body, the sulforaphane in SYNERGIC forms in the glass, just before you take it.

The formula keeps the plant components involved in this natural reaction. When water is added, glucoraphanin and myrosinase come into contact and sulforaphane forms before the product is swallowed.

SUPERSENTIALS defined the preparation protocol from its study of this mechanism: simply mix 1 g of product with water and wait two minutes.

The amount of sulforaphane obtained has been measured by laboratory analysis, under the defined conditions of use. The brand declares a minimum of 10 mg per 1 g serving. The analyses are carried out by Innoagral, an independent laboratory.

SUPERSENTIALS also publishes results for glucoraphanin, other glucosinolates, certain vitamins and heavy metals, along with microbiological test results. These help characterise the formulation, document its specifications and check the amounts obtained under the stated analytical conditions.

The 10 mg figure refers to the sulforaphane present in the prepared product, available before the body absorbs it.

04 / Natural sulforaphane, *empowered*: choosing the whole food

IN BRIEF

- 5 freeze-dried microgreens: broccoli, red cabbage, kale, purple radish and pea.
- No extracts, isolated active ingredients, fillers or additives.
- As well as sulforaphane, the formula keeps other glucosinolates, phytocompounds and nutrients from young plants.

SYNERGIC combines five varieties of freeze-dried microgreens: broccoli, red cabbage, kale, purple radish and pea. The formula contains no extracts, isolated active ingredients, fillers or additives.

SUPERSENTIALS could have built a supplement around sulforaphane alone. It chose to keep the variety of compounds found in the plants.

Alongside the natural system that forms sulforaphane, the blend provides glucosinolates and other compounds typical of young plants, such as polyphenols (including anthocyanins), vitamins and minerals.

The brand calls *Whole-food Sulforaphane System™* this combination: whole freeze-dried plants and sulforaphane formed in the glass.

The approach has two aims: to provide a measured amount of sulforaphane and to keep the plant matrix it comes from.

The brand's idea is to use food technology to preserve a complex plant raw material and make it easier to eat.

Its current positioning sums up this choice: “Natural sulforaphane, empowered.”

05 / From *crop* to jar: a demanding choice

IN BRIEF

- Microgreens grown in Polop (Alicante), freeze-dried and milled with specialist industrial partners.
- Freeze-drying is a premium preservation process.
- 30 g amber glass jar, stainless steel scoop, shipped in cardboard.

SYNERGIC starts in Polop, in the province of Alicante, where the microgreens are grown. The plants are harvested young, then freeze-dried and milled with specialist industrial partners.

Freeze-drying removes most of the water through deep freezing and sublimation at reduced pressure. Because it avoids the high temperatures of other drying methods, it can better preserve many sensitive compounds and much of the food's microstructure. The drawback: it is complex and expensive technology.

SUPERSENTIALS chose to explore this route because it fitted its aim of keeping the plants as a food ingredient, rather than using extracts.

Development took small-scale trials, work with industrial partners, adjustments to manufacturing and laboratory analysis.

The same thinking guided the choice of packaging. SYNERGIC comes in a 30 g amber glass jar with a stainless steel measuring scoop. Glass was chosen for its properties as a food-contact material and because it is recyclable, and its amber colour limits the contents' exposure to light. Orders ship in cardboard packaging.

06 / A story that began on a *sailboat*

IN BRIEF

- Lourdes Soler Pérez and Jaad Jorio lived thirteen years on a sailboat (2010-2023).
- In the Tuamotus they started growing microgreens because fresh vegetables were scarce.
- Back in Spain, they set up the farm in Polop that would give rise to SYNERGIC.

Between 2010 and 2023, Lourdes Soler Pérez and Jaad Jorio lived aboard a sailboat with their children, sailing across the Atlantic and the Pacific.

In the Tuamotus, in French Polynesia, fresh vegetables were scarce. They began growing microgreens on damp jute cloth, using seeds bought in Tahiti.

It was part of a push for food self-sufficiency, with several recipes for a nutrient-dense diet: sourdough, kefir and fermented vegetables.

In 2023 they returned to Spain. They started growing microgreens in a room at home to test whether the project was viable, and a few months later set up a vertical farm in Polop, Alicante.

Their interest in the nutritional makeup of these plants, and the difficulty of selling something so perishable, led them to freeze-drying.

After two years of development, the first jars and the first orders arrived. Today, the founders want SYNERGIC to become a reference in sulforaphane supplementation and to keep developing products true to the same whole-food philosophy.

SUPERSENTIALS
in *pictures*



















SUPERSENTIALS: *key facts*

Brand:	**SUPERSENTIALS**
Product:	**SYNERGIC · Whole-food Sulforaphane System™**
Founders:	**Lourdes Soler Pérez and Jaad Jorio**
Project location:	**Province of Alicante, Spain**
Grown in:	**Polop, Alicante**
Launch:	**Summer 2026**
Markets:	**European Union**
Category:	**Food supplement**
Formulation:	**Broccoli, red cabbage, kale, purple radish and pea microgreens, 100% freeze-dried, no extracts or additives**
Dose:	**1 g a day**
Declared sulforaphane:	**At least 10 mg per serving, prepared as directed**
Packaging:	**30 g amber glass jar with stainless steel scoop**
Shipping:	**Cardboard packaging; recyclable amber glass**
Retail price:	**from €49.60 incl. VAT**
Preparation:	**Mix with water, wait 2 min, drink within 10 min**

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