PRESS KIT

From a sailboat to innovation in plant nutrition

How a food self-sufficiency experiment on Polynesian atolls led to SYNERGIC, a whole-microgreen supplement with measured natural sulforaphane, developed in Alicante.



ALICANTE · SPAIN

01 / A story that began *far* from any laboratory

IN BRIEF

- Lourdes Soler Pérez and Jaad Jorio lived on a sailboat for 13 years, from 2010 to 2023.
- In the Tuamotu, where fresh vegetables were scarce, they began growing microgreens, small edible plants.
- It was a practical way to get fresh produce, with no business plan behind it.

In the Tuamotu atolls of French Polynesia, getting fresh vegetables can be surprisingly hard. The islands are isolated, supplies arrive irregularly, and what people eat depends largely on what they've managed to store. For Lourdes Soler Pérez and Jaad Jorio, who lived aboard a sailboat for thirteen years, from 2010 to 2023, this was part of everyday life.
Over those years they crossed the Atlantic and the Pacific with their children, looking for remote places far from the main tourist routes.

Life on a boat meant managing limited resources and finding simple ways to eat a varied diet.

They baked their own sourdough bread, made kefir, fermented vegetables and sprouted seeds. In the Tuamotu they also began growing microgreens, small edible plants harvested at an early stage of growth.

The setup was basic: glass containers, damp jute cloth and seeds bought in Tahiti. For the first few days the trays stayed covered. The tropical heat sped up germination. Once that phase was over, the plants themselves pushed up the container covering them. After that, it was enough to expose them to light, wait a few more days and harvest what they wanted to eat.

There was no business plan behind any of it. It was a practical way to have fresh vegetables where they were hard to come by.

Years later, that experience would become the starting point of SUPERSENTIALS.

02 / From life aboard to *farming* in Alicante

IN BRIEF

- In 2023, back in Spain, they began producing microgreens at home.
- A few months later they set up a vertical farm in Polop, in the province of Alicante.
- Fresh microgreens are highly perishable, so they looked for a way to preserve them.

In 2023, back in Spain, Lourdes and Jaad began exploring possible career paths.

Jaad, an engineer by training with entrepreneurial experience, was looking for work that fit the way of life and the values they shared.

Microgreens came up as a natural option: they knew how to grow them, they were interested in their nutritional makeup, particularly rich in certain nutrients, and they had seen first-hand that they could be produced with fairly simple means.

They started by dedicating a room in their home to production to test whether the project was viable. A few months later, they set up a vertical farm in Polop, in the province of Alicante, to increase capacity.

They soon ran into a significant problem.

Although microgreens are increasingly used in cooking, they remain delicate, highly perishable products. They need refrigeration, fast logistics and careful management of their shelf life.

Lourdes and Jaad also wanted them to play a role beyond decoration or gastronomy.

Their interest was in nutrition: how to make the components of these young plants available to people who couldn't grow them or buy them fresh.

The question that drove the next stage was a simple one:

How can the nutritional characteristics of microgreens be preserved, and turned into a product people can use every day?

03 / A technological solution: *freeze-drying*

IN BRIEF

- Freeze-drying removes most of the water through deep freezing and sublimation.
- It is complex and costly, but it keeps the whole plant as an ingredient.
- Development led to SYNERGIC, the brand's first food supplement.

The answer came through freeze-drying.

This technology removes most of the water from food through deep freezing and sublimation at reduced pressure. Because it avoids the high temperatures of some other drying methods, it can better preserve many sensitive components and much of the food's microstructure.

It does have a considerable drawback: it is a complex, costly industrial process.

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

Development took small-scale trials, collaboration with industrial operators, manufacturing adjustments and laboratory analysis.

The first results did not always match expectations. The formulation and the process had to evolve until they reached the characteristics the team was after.

That research and development phase led to SYNERGIC, SUPERSENTIALS' first food supplement.

04 / Natural sulforaphane, *empowered*: the whole-food choice

IN BRIEF

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

SYNERGIC brings together five 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 formulated a supplement built around sulforaphane alone. It chose to keep the diversity of the plants' components.

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

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

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

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

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

05 / Forming *sulforaphane* before use and measuring it in the lab

IN BRIEF

- Sulforaphane forms when SYNERGIC is prepared in water.
- Routine: 1 g in water, stir, wait 2 min, drink within 10 min
- Declared minimum: 10 mg per serving, measured in the prepared product.

One of SYNERGIC's distinctive features is how it is prepared.

In cruciferous vegetables, sulforaphane forms when glucoraphanin, a precursor compound, comes into contact with the enzyme myrosinase under the right conditions. SUPERSENTIALS developed a preparation protocol that makes use of this natural mechanism.

The routine is simple: add 1 g of SYNERGIC to a glass of cold or room-temperature water, stir, wait two minutes and drink within ten minutes.

Sulforaphane forms during preparation, and the amount has been assessed by laboratory analysis under the defined conditions of use.

The brand declares a minimum of 10 mg of sulforaphane per 1 g serving.

This is sulforaphane measured in the prepared product, not a direct measurement of the amount the body absorbs.

06 / From *farm* 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 components and much of the food's microstructure. The drawback: it is a complex, expensive technology.

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

Development took small-scale trials, collaboration with industrial operators, manufacturing adjustments 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 color limits the contents' exposure to light. Orders ship in cardboard packaging.

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 daily**
Declared sulforaphane:	**Minimum 10 mg per serving, per preparation protocol**
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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