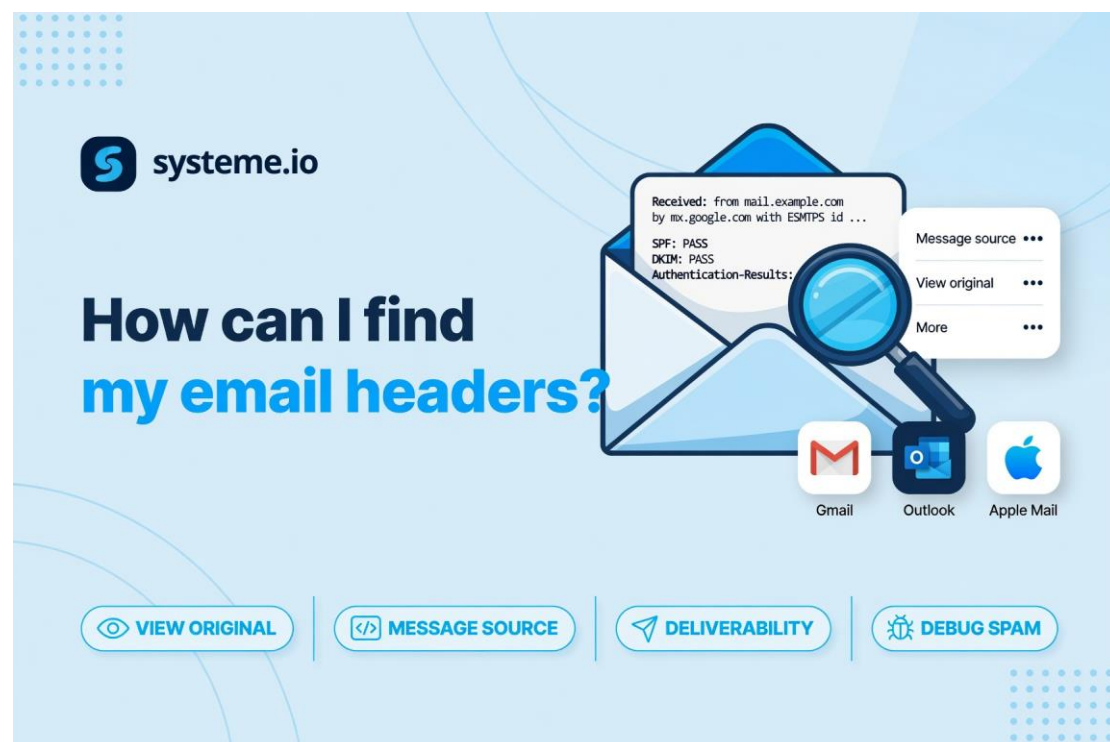


How Can I Find My Email Headers?

Introduction

Email headers are the technical metadata attached to every message—routing hops, sender identity, and **SPF / DKIM / DMARC** results. When a campaign from systeme.io lands in spam, bounces, or looks wrong, support and deliverability guides (help article **3731**) often ask you to copy the **full headers** from a received test email.

Headers are **not** visible in the normal reading view—you must use **Show original**, **View message source**, or similar in your mail client.



What Email Headers Tell You

- **Authentication-Results:** pass/fail for SPF, DKIM, DMARC at Gmail, Outlook, Yahoo.
- **Received:** each server that handled the message (newest usually on top).
- **From / Reply-To:** displayed sender vs actual sending path.
- **Return-Path:** bounce address (envelope sender).
- **List-Unsubscribe:** required for bulk mail—see [deliverability tips](#).
- **X-Google-* / X-MS-*:** provider-specific spam scores or categories (e.g. Promotions tab).

After you [authenticate your domain](#) on [systeme.io](#), headers should show **dkim=pass** and **spf=pass** for your custom domain.

Gmail (Web & App)

1. Open the **email** (ideally a test send from your systeme.io campaign).
2. Click the **three vertical dots** (More) top-right of the message.
3. Click **Show original**.
4. A new tab opens with summary + full raw message.
5. Click **Copy to clipboard** and paste into a text file or support ticket.

Tip: Send a [test email](#) to your Gmail inbox first, then capture headers from that copy.

Outlook on the Web (Outlook.com / Microsoft 365)

1. Open the message.
2. Click the  menu (or **More actions**).
3. Choose **View message source** or **View message details** (wording varies by UI version).
4. Select all header text → copy.

Outlook desktop (Windows): Open message in its own window → **File** → **Properties** → copy text in **Internet headers** (shorter than full source but often enough).

Microsoft tightened requirements in 2025—headers help confirm alignment with [warm-up best practices](#).

Yahoo Mail

1. Open the email.
2. Click **More** (.
3. Select **View raw message** or **View full header** (label may vary).
4. Copy the header block.

Apple Mail (macOS)

1. Select the message in Mail.

2. Menu **View** → **Message** → **Raw Source** (enable **Show all headers** in View menu if needed).
3. Copy from the top of the window through the blank line before the HTML/plain body.

iPhone / iPad: Apple Mail does not reliably expose full headers. Use **Gmail web** on a computer, or forward the message to Gmail and use **Show original** there.

Mozilla Thunderbird

1. Open the message.
2. **View** → **Headers** → **All** (or right-click → **View Source**).
3. Copy the full source including headers.

What to Send When Reporting an Issue

- **Full headers** (not a screenshot of the subject line only).
- **Approximate send time** (timezone).
- **Sender address** configured in [systeme.io Settings](#) → **Emails**.
- Whether the domain shows **Verified** in [systeme.io](#).
- Recipient address provider (Gmail, Outlook, etc.).

Remove unrelated personal emails from the paste if sharing publicly; headers can contain addresses and IDs.

Quick Header Checklist (systeme.io Sends)

Look for	Healthy sign
spf=pass	Your domain or systeme.io authorized sender
dkim=pass	Domain keys match after DNS auth
dmarc=pass	DMARC record present and aligned
From:	Matches your branded sender (not @gmail.com for bulk)
550 / 5.7.x errors	Policy block—review authentication and content

If authentication fails, re-check [Hostinger](#), [IONOS](#), or your host's DNS guide—not the email body.

Frequently Asked Questions

What are email headers?

Technical metadata: routing and authentication, not the visible email body.

Gmail?

: → **Show original** → **Copy to clipboard**.

Why systeme.io asks for them?

To investigate deliverability and spam folder placement (article 3731).

Important lines?

Authentication-Results, SPF, DKIM, From, Return-Path.

iPhone?

Use Gmail web **Show original** or desktop Mail raw source.

Related Resources

- [How to Improve Your Email Deliverability](#)
- [How to Authenticate Your Domain Name for Email Sending](#)
- [Why Do My Emails Arrive in the Gmail Promotions Tab?](#)
- [How to Confirm Your Email Sender Address](#)

Copy headers once, fix DNS and sender setup on systeme.io, then re-test until **spf=pass** and **dkim=pass** appear.

Last updated: July 3, 2026