

**Editor's Comment:**

MULTIFACETED HEALTH BENEFIT OF *Ficus capensis* FRUITS AND VEGETABLES.

Imporatnte and excellent work .paper study the evaluation of the chemical properties of *Ficus capensis* fruits and vegetables. *Ficus capensis* vegetables and fruits .

Author's as study Proximate composition ,Determination of carbohydrate content ,Mineral determination ,Vitamin determination ,Determination of  $\beta$ -carotene ,Determination of vitamin E profile and Phytochemical Screening .

The results showed that the fruits and vegetables of *Ficus capensis* is an underutilized fruits and vegetable with high nutrient profile especially iron which when incorporated to the diet could help to fight iron in a community with high prevalence of anemia.

**Paper must be accepted for Publication.**

**Editor's Details:**

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