

Nutraceutical Potentials of *Azanza garckeana* (Snot Apple): A Review

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Background: Nutraceuticals are products derived from natural sources and are used as therapeutic agents for the management of various health disorders. Several nutraceuticals have been produced from fruits, including wild edible fruits. *Azanza garckeana* is an example of wild edible fruit belonging to the Malvaceae family. It is a semi-deciduous flowering plant that grows in savanna-wooded grasslands and open forests. It can be found in tropical Eastern Africa, Southern Africa, and some countries of Western Africa. All parts of the plant are useful for medical and economic purposes. There are various traditional claims on the application of various parts of the plant in the management and treatment of diabetes, infertility, aches and pains, hemorrhage, liver and cardiac diseases, *etc.*

Objective: This article presents a review of the plant *Azanza garckeana* regarding its botanical description, its traditional relevance economically and medically, and its established nutritional as well as pharmacological relevance based on reported *in vitro* and *in vivo* experimental investigations.

Conclusion: Experimental reports on the nutritional and pharmacological potentials of *Azanza garckeana* are sparse. Therefore, there is a need for extensive research to further establish the plant as a potential candidate for a pharmacological or nutraceutical agent for the management of oxidative stress-related diseases and other human health disorders.

Keywords: *Azanza garckeana*, Jakjak, nutraceuticals, natural source, phytochemicals, antioxidant.