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| |  | | --- | |  |   BUG | |  | | --- | |  |   ROOT CAUSE | Fix | LESSON | Screenshot Reference |
| Admin can log in, but sees “Sorry, you are not allowed to access this page” when trying to open Plugins, Appearance, or Settings. | The user’s wp\_capabilities in the wp\_usermeta table was either:   deleted,   corrupted,   or missing the administrator role. | Restored correct value in wp\_usermeta:  a:1:{s:13:"administrator";b:1;} | WordPress uses the wp\_usermeta table to assign roles. If the admin’s capabilities are missing, login still works—but access to all backend pages fails. | BEFORE:    AFTER: |