



## Technology : Cotton seed oil

Cottonseed oil is a commonly used vegetable oil that's derived from the seeds of cotton plants. A whole cotton seed contains about 18 to 20 percent oil. Cotton seed oil must be refined to remove naturally occurring toxin gossypol. Bangladesh has established a cotton seed oil refinery by the private company to produce cotton seed edible oil in Kushtia. Cotton oil cake is a protein rich feed for livestock's and fisheries as the by-product of cotton seed oil.

### ■ Salient Features

- Cotton seed oil is used in cooking and is also used as a home remedy for certain skin conditions and ailments.
- Cotton seed oil is high in polyunsaturated fat which can help lower LDL and increase HDL.
- Cotton seed oil is commonly used in processed foods because of its ability to extend shelf life.
- Cotton seed oil contains high concentrations of vitamin E, fatty acids, and antioxidants that have many benefits for your skin.
- Unrefined cotton seed oil is sometimes used for making soap, detergent, cosmetics etc.

