

<b>Hormone</b>	<b>Where is it made?</b>	<b>What does it do?</b>
Growth Hormone (GH)	Anterior Pituitary Gland (APG)	Targets cells body wide. Stimulates growth in size and number
Prolactin	APG	Stimulates the mammary glands to produce milk. Increase LH sensitivity in males.
Thyroid Stimulating Hormone (TSH)	APG	Stimulates the thyroid to produce release thyroid hormone.
Adrenocorticotrophic Hormone (ACTH)	APG	Stimulates the adrenal gland to produce and release cortisol.
Follicle Stimulating Hormone (FSH)	APG	Targets sex organs. FSH stimulates sperm and egg production.
Luteinizing Hormone (LH)	APG	Targets sex organs and stimulates ovulation and testosterone secretion.
Oxytocin (OT)	Posterior Pituitary Gland (PPG)	Targets the uterus and causes contractions for childbirth; also targets the mammary glands to release milk from the glands into the nipples; facilitates an emotional bond between mother and infant; in males, it aids in the propulsion of semen
Antidiuretic Hormone (ADH)	PPG	Targets the collecting duct and affects H <sub>2</sub> O reabsorption, increases BP by putting more H <sub>2</sub> O into the blood.
Thyroid Hormone (T3 and T4)	Thyroid	They have a calorogenic effect on the body, meaning they increase body metabolism. They are responsible for influencing the regulation of body temperature and weight.

Calcitonin	Thyroid	Decreases levels of blood calcium by stimulating osteoblast activity for bone formation and restricts osteoclast activity so less calcium is removed from the bone matrix and placed into the blood. This hormone is primarily active in children and is not commonly found in adults.
Parathyroid Hormone (PTH)	Parathyroid	Increases levels of calcium in the blood via stimulation of osteoclasts to release calcium from bone tissue and inhibits osteoblasts from synthesizing collagen which inhibits how much bone matrix is formed by the osteoblasts. PTH also stimulates the kidneys to reabsorb more calcium so less is lost in urine and it promotes the synthesis of calcitriol.
Mineralcorticoids (Aldosterone)	Adrenal cortex	Aldosterone controls $\text{Na}^+$ levels in the body which in turn influences water volume and BP. It targets nephrons and causes them to actively transport $\text{Na}^+$ faster, increasing reabsorption.
Glucocorticoids (cortisol)	Adrenal cortex	Cortisol does not have a specific target tissue. It is released under stressful conditions and allows one to overcome that particular stressor by stocking up on readily useable sources of energy. It does so by stimulating glucose production from proteins and fats to provide extra energy. It can also have an anti-inflammatory function,

		but again, when excessively used, it can suppress the immune system too much.
Gonadocorticoids (androgens, estradiol, testosterone)	Adrenal cortex	Essential for sustaining bone mass in adults and for bone growth in children. They are especially necessary for maintaining bone integrity in postmenopausal women.
Epinephrine and norepinephrine (also called adrenaline and noradrenaline)	Adrenal medulla	Prepare the body for fight-or-flight responses
Glucagon	Pancreas	Releases glucose into the blood stream.
Insulin	Pancreas	Takes glucose out of the blood stream.
Progesterone and Estradiol	Ovary	Development of follicle and egg and maintenance of embryo.
Testosterone	Testes	Sustains sperm production.