

GLAND	HORMONE	TARGET ORGAN	EFFECT
Pituitary			
a) Adenohypophysis	Follicle Stimulating Hormone	Gonads	Maturation of Graafian follicles and spermatogenesis
	Adrenal Corticotrophic Hormone	Adrenal glands	Regulates steroid synthesis
	Thyroid Stimulating Hormone	Thyroid	Causes thyrod to release T3 & T4 metabolic stimulants
	Prolactin	Breast tissue	Stimulates milk production
	Growth Hormone	Most cells	Regulates growth & metabolism
b) Neurohypophysis	Antidiuretic Hormone	Kidneys	Retain water
	Oxytocin	Uterus & Brain	Stimultes contractions & is also a neurotransmitter
Thyroid	Thyroxine	Most cells	Metabolic stimulant
	Calcitonin	Bone and kidneys	Decrease blood Ca ⁺⁺
Parathyroid	Parathyroid Hormone	Bone and kidneys	Increase blood Ca ⁺⁺
Adrenal			
a) cortex	Mineralcorticoids (Aldosterone)	Kidneys	Retain salt and water
b) medulla	Epinephrine	Most cells	Neurotransmitter & stimulates sympathetic response
	Norepinephrine	Most cells	Neurotransmitter Autonomic system
Pancreas	Insulin	Most cells	Reduce blood sugar
	Glucagon	Liver	Increase blood sugar
Pineal	Melatonin		Circadian rhythms
Testes	Testosterone		Sex characteristics
Ovaries	Estrogens		Sex characteristics & regulates mentral cycles
	Progesterone	Uterus	Prepares body for pregnancy and maintains it during