Hormone	Source	Target	Action
Corticotropin Releasing Hormone (CRH)	Hypothalamus	Anterior Pituitary	Promotes secretion of ACTH
Gonadotropin Releasing Hormone (GnRH)			Promotes secretion of FSH &LH
Growth Hormone Releasing Hormone (GHRH)			Promotes secretion of GH
Prolactin Inhibiting Hormone (PIH)			Inhibits PRL
Somatostatin			Inhibits GH & TSH
Thyrotropin Releasing Hormone			Promotes secretion of TSH & PRL

Hormone	Source	Target	Action
Antidiuretic Hormone (ADH) = Vasopressin	**Posterior Pituitary**	KI	Water retention
Oxytocin		UT, mammary glands	Labor, lactation, bonding & affection
Follicle Stimulating Hormone (FSH)	**Anterior Pituitary**	Ovaries & Testes	**Females**: growth of ovarian follicles, estrogen secretion. **Males**: sperm production
Luteinizing Hormone (LH)			**Females**: ovulation and formation of corpus luteum. **Males**: secretion of testosterone
Thyroid Stimulating Hormone (TSH)		Thyroid	Secretion of TH
Prolactin (PRL)		Testes & Mammary glands	Lactation in **females**, LH sensitivity in **males**
Growth Hormone (GH)		LV, muscle, bone, cartilage, adipose	System-wide tissue growth
Adrenocorticotropic Hormone (ACTH)		Adrenal cortex	Secretion of glucocorticoids

Hormone	Source	Target	Action
Melatonin	**Pineal**	Brain	Affects mood, circadian & biorhythms, sexual maturity
Thymopoietin	**Thymus**	T Lymphocytes	Production & activity of T Lymphocytes
Thyroxine (T4) & Triiodothyronine (T3)	**Thyroid**	All Systems	Increases metabolic rate, stimulates GH
Calcitonin		Bone	Bone deposition (esp. in children)
Parathyroid Hormone (PTH)	**Parathyroid**	Bone, KI, SI	Raises serum Ca^{2+}. Stimulates osteoclasts to resorb bone, KI to reduce Ca^{2+} excretion, SI to absorb Ca^{2+}. Stimulates Vit D to increase calcitriol conversion (Hyper = *bones, stones, groans & moans*)
Epinephrine	**Adrenal Medulla**	All Systems	Raises metabolic levels, stimulates glucose metabolism, inhibit insulin activity, increase serum glucose levels
Norepinephrine			
Dopamine			
Cortisol	**Adrenal Cortex**		Stimulates fat & protein catabolism, gluconeogenesis, tissue repair, stress response
Aldosterone		KI	Resorption of Na^+ & H_2O to increase Blood Vol & BP^o
Dehydroepiandrosterone (DHEA)		Bone, muscles, brain, other tissues	Testosterone precursor, stimulates libido

Hormone	Source	Target	Action
Glucagon	Pancreas	LV	Stimulates gluconeogenesis, glycogen & fat catabolism, amino acid absorption, raise serum glucose levels
Insulin		All Systems	Stimulates glucose and amino acid uptake, promotes glycogen, fat & protein synthesis, lowers serum glucose levels
Somatostatin		ST, Intestines	Modulates glucagon & insulin secretion, affects digestion rates and nutrient absorption
Gastrin		ST	Affects gastric motility and stimulate acid production
Pancreatic polypeptide		Pancreas, GB	Inhibits production of bile and digestive enzymes
Calcidiol	LV	N/A	Precursor to Calcitriol
Angiotensinogen		N/A	Precursor to Angiotensin I
Erythropoietin		Red Bone marrow	Stimulates production of RBC's
Hepcidin		SI & LV	Promotes absorption & mobilization of Fe
Insulin-like GF-1		All Systems	Enhances & mediates activity of GH
Calcitriol	KI	SI	Promotes Ca^{2+} absorption, increases Ca^{2+} serum levels
Angiotensin I		N/A	Precursor to Angiotensin II
Erythropoietin		Red Bone marrow	Stimulates production of RBC's

Hormone	Source	Target	Action
Atrial / Brain Natriuretic Peptide	**HT**	KI	Promotes Na^+ & H_2O loss, lowers Blood Vol & BP^o
Cholecystokinin	**ST & SI**	GB & Brain	Controls release of bile. Suppresses appetite
Gastrin		ST	Promotes ST acid release
Ghrelin		Brain	Stimulates hunger response
Osteocalcin	**Bone**	Pancreas, Adipose tissues	Stimulates production of insulin & insulin sensitivity
Leptin	**Adipose deposits**	Brain	Long-term appetite suppression
Cholecalciferol	**Skin**	N/A	Precursor to calcitriol

Hormone	Source	Target	Action
Estradiol (Estrogen)	**Ovaries**	Multiple Systems	Stimulates females sexual and reproductive development, regulates menses & pregnancy, prepares for lactation
Progesterone		UT, mammary glands	Regulates menses & pregnancy, prepares for lactation
Inhibin		Anterior Pituitary	Inhibits FSH
Testosterone	**Testes**	Multiple Systems	Stimulates sexual (fetal through puberty) and reproductive development, musculo-skeletal growth & development. Sperm production in males. Affects libido.
Inhibin		Anterior Pituitary	Inhibits FSH
Estrogen	**Placenta**	Multiple fetal and maternal systems	Promotes fetal growth & development, adapts mother for pregnancy, prepares for lactation
Progesterone			