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| --- | --- | --- | --- |
| Organ/Gland | Hormone | Target | Effects |
| Hypothalamus | CRH | Pituitary gland | Cotricotropin-releasing hormone – neurotransmitter involved in the stress response, regulates ACTH release. |
| PIH | Pituitary gland | Prolactin-inhibiting hormone – capable of inhibiting the synthesis and release of prolactin |
| GHRH | Pituitary gland | Growth-hormone-releasing-hormone – regulate the release of GH |
| TRH | Pituitary gland | Thyrotropin-releaseing hormone – regulate TSH release |
| LHRH (GnRH) | Pituitary gland | Gonadotropin-releasing hormone – regulates LH release |
| Anterior Pituitary/ Adenohypophysis | FSH | Ovaries | Folliclular Stimulating Hormone – regulates the development, growth, and reproductive processes of the body |
| LH | Ovaries | Luteinizing Hormone – Triggers ovulation and corpus luteum development |
| ACTH | Adrenal Cortex in Adrenal Glands | Adreno-corticotropine Hormone – stimulates glucocorticoid steroid hormone production |
| TSH | Thyroid | Thyrotropin – regulate thyroid hormone secretion |
| Prolactin | Mammary Glands | Stimulates milk production |
| GH | Liver | Growth Hormone – stimulates cell reproduction, IGF-1 production |
| Posterior Pituitary/ Neurohypophysis | Oxytocin | Brain | Brain neuromodulator and neurotransmitter. |
| ADH/vasopressin | Kidneys | Regulates water retention |
| Thyroid | TH | Everywhere | Thyroid hormone – Responsible for metabolism regulatio |
| Calcitonin | Osteoclasts, Kidneys | Decrease blood Ca2+ |
| Parathyroid | PTH | Osteoclasts, Kidneys | Increase blood Ca2+ |
| Adrenal Cortex | Mineralcorticoids:  Aldosterone | Kidney | Resorbs Na+ in the kidney |
| Glucocorticoids:  cortisol | Liver | Keeps blood glucose high in stressful situations |
| Sex hormones:  DHEA | Gonads | Precursor to testosterone and estrogen |
| Adrenal Medulla | Nor/Epinephrine | Throughout body | Induce sympathetic NS symptoms |
| Pancreas | Insulin (beta cells) | Liver | Decrease blood glucose |
| Glucagon (alpha cells) | Liver | Increase blood glucose |
| Pineal Gland | Melatonin | Brain | Regulate sleep cycles |

Let’s Crush Tiny Purple Grapes = Hypothalamic hormones (in conjunction with FLAT PeG regulation)

FLAT PeG = Anterior pituitary hormones