

LIST OF HORMONES TO KNOW:

1. ADH (antidiuretic hormone)
2. Oxytocin
3. STHRH/GHRH (somatotropin/growth hormone releasing hormone)
4. STH/GH (somatotropin/growth hormone)
5. CRH (corticotropin releasing hormone)
6. ACTH (corticotropin)
7. Glucocorticoid (eg. cortisol)
8. TRH (thyrotropin releasing hormone)
9. TSH (Thyrotropin/thyroid stimulating hormone)
10. Thyroid hormones (T3, T4)
11. GnRH (gonadotropin releasing hormone)
12. FSH (follicle stimulating hormone)
13. LH (luteinizing hormone)
14. PRLRH (prolactin releasing hormone)
15. Prolactin
16. Calcitonin
17. PTH (parathormone/parathyroid hormone)
18. Insulin
18. Glucagon
19. Somatostatin
20. Melatonin
21. Thymosin
22. Mineralocorticoid (eg. aldosterone)
23. Adrenalin
24. Noradrenalin
25. Estrogen
26. Progesterone
27. Testosterone
28. ANH (atrial natriuretic hormone)
29. Somatomedin
30. Renin
31. Erythropoietin
32. Gastrin
33. Secretin

Note that the hypothalamus also secretes “inhibiting” hormones which do the opposite of the “releasing” hormones above (ie. STHIH = somatotropin inhibiting hormone)