

Hormones

Body & health

The main endocrine glands, what each secretes, and what it does.

The hormones you are most likely to meet by name.

Gland	Hormone	Effect
Pancreas	Insulin	Lowers blood glucose
Pancreas	Glucagon	Raises blood glucose
Thyroid	Thyroxine	Sets metabolic rate
Adrenal	Adrenaline	Fight or flight
Adrenal	Cortisol	Stress, inflammation, glucose
Pituitary	Growth hormone	Growth and repair
Pineal	Melatonin	Sleep timing

The pituitary is called the master gland because it controls the thyroid, adrenals and gonads through its own hormones.