

# Selected hormones represented by *Hormonium*

Abbrev.	Hormone	Description
MEL	Melatonin	Produced by brain in response to darkness.
F	Cortisol	Glucocorticoid hormone that the adrenal glands produce and release.
Ach	Acetylcholine	Chief neurotransmitter of the parasympathetic nervous system.
AVD	Vasopressin	Also called antidiuretic hormone. Plays a key role in maintaining osmolality (the concentration of dissolved particles, such as salts and glucose, in the serum).
BDNF	Brain-derived neurotropic factor	A key molecule involved in plastic changes related to learning and memory.
CCK	Cholecystokinin	A peptide hormone of the gastrointestinal system responsible for stimulating the digestion of fat and protein.
DA	Dopamine	Neurotransmitter that influences mood and feelings of reward and motivation
E	Estrogen	Group of hormones that play an important role in the normal sexual and reproductive development in women. They are also sex hormones.
END	Endorphins	Act as analgesics, which means they diminish the perception of pain. They also act as sedatives.
EPI	Epinephrine	Also known as Adrenaline, involved in regulating visceral functions.
FSH	Follicle-stimulating hormone	Essential to pubertal development and the function of women's ovaries and men's testes.
GCG	Glucagon	Helps regulate blood glucose (sugar) levels
Ghr	Ghrelin	Regulates the feeling of hunger.
GIPC	Glucose-dependent insulintropic polypeptide	Produced by the small intestine in response to eating food.
HGH	Human growth hormone	Fuels childhood growth and helps maintain tissues and organs throughout life.

<b>IGF-1</b>	Insulin-like growth factor	Manages the effects of growth hormone (GH) in your body
<b>IN</b>	Insulin	Created by pancreas, controls the amount of glucose in your bloodstream at any given moment.
<b>Lep</b>	Leptin	Released by adipose tissue (body fat), helps body maintain normal weight on a long-term basis.
<b>LH</b>	Luteinising hormone	Spurs ovulation and helps with the hormone production needed to support pregnancy.
<b>NE</b>	Norepinephrine	Also known as noradrenaline, is both a neurotransmitter and a hormone. It plays an important role in your body's "fight-or-flight" response.
<b>NPY</b>	Neuropeptide Y	A 36 amino-acid neuropeptide that is involved in various physiological and homeostatic processes in both the central and peripheral nervous systems.
<b>OT</b>	Oxytocin	Plays a role in social bonding, reproduction, childbirth, and the period after childbirth
<b>OXM</b>	Oxyntomodulin	Acts to reduce appetite both via a direct effect on the CNS (similar to GLP-1) and by inhibiting ghrelin release.
<b>P</b>	Progesterone	Steroid hormone released by the corpus luteum that stimulates the uterus to prepare for pregnancy
<b>PP</b>	Pancreatic polypeptide	Regulates pancreatic secretion activities, and also impacts liver glycogen storage and gastrointestinal secretion
<b>SERT</b>	Serotonin	A chemical messenger that's believed to act as a mood stabilizer.
<b>T</b>	Testosterone	Steroid hormone that stimulates development of male secondary sexual characteristics, produced mainly in the testes, but also in the ovaries and adrenal cortex.
<b>TSH</b>	Thyroid-stimulating hormone	Stimulates the thyroid gland to produce thyroxine, and then triiodothyronine which stimulates the metabolism of almost every tissue in the body.