



METABOLISM - The conversion of nutrients into energy and building materials to meet your body's needs.



Hormone	Target	Action
Oxytocin		
ADH (antidiuretic hormone)		
TSH (thyroid stimulating hormone)		
ACTH (adrenocorticotropic hormone)		
FSH (follicle stimulating hormone)		
LH (luteinizing hormone)		
GH (growth hormone)		
PRL (prolactin)		