

Prolactin targets the mammary glands and triggers milk production. It promotes lactation in response to the suckling stimulus. Remember that this is a direct hormone, which goes to target cells. The anterior pituitary also releases endorphins, which similarly work in this direct manner.

Growth Hormone (GH)

Giant

Growth-hormone-releasing hormone is secreted by the hypothalamus and triggers the release of growth hormone from the anterior pituitary. Growth Hormone (GH) is a peptide hormone which stimulates cell reproduction, cell regeneration, and growth.