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| Sperm formation & secondary sex characteristics |
| Involved in rhythmic daily & seasonal activities |
| Gives “superhuman” strength in stressful situations |
| Stimulates milk production |
| Contracts the uterus & milk “letdown” reflex |
| Lowers blood glucose levels |
| Lining of uterus & secondary sex characteristics |
| Bone & muscle growth |
| Production of sperm/ova |
| Regulates menstrual cycle in women  Regulates testosterone production in men |
| Stimulates metabolism |
| Increases blood glucose levels |
| Metabolizes calcium & phosphorus |

**Actions of Hormones**