

# Table test

*This is a demonstration showing how a full-width table can be inserted into the magazine. I would recommend not using the table within a multicol environment.*

**I** NSTRUCTIONS Using colors or any method of your choice, match the hormones, their respective function and the gland that secretes it in one color. Repeat until everything is colored. Each gland and each function can only be associated to one hormone.

Hormone	Gland	Function
Growth Hormone (GH)	Adrenal Gland	Regulates your body's stress response. Allows you to stay alert and regulates blood sugar.
Oestrogen	Testes	Promotes development of male characteristics. Ensures bone and muscle growth.
Testosterone	Pituitary Gland	Needed for puberty and menstrual cycle, pregnancy, and bone strength.
Cortisol	Ovaries	Produced in response to GH and mediates its effects. Allows balance in growth among tissues
Thyroxine (T <sub>4</sub> )	Thyroid Gland	Regulates metabolism and stimulates GH release from the pituitary gland.
Insulin-Like Growth Factor (IGF <sub>1</sub> )	Liver	Modulates growth, Stimulates tissue growth, (Cell reproduction)