Oxytocin

Established biology · indication-specific medicine.



Guide prepared November 13, 2026 · profile review dates retained

KEEP IN MIND Evidence applies to the studied formulation, route, population and outcome—not every product sharing a name.

01 What is it?

Oxytocin is a hormone involved in uterine contractions and milk ejection. Its role in social behavior helped earn it the nickname “love hormone,” but that nickname oversimplifies the science. Medical oxytocin has specific obstetric uses that require clinical supervision. [1]

02 Potential benefits

In the body, drives uterine contractions during labor. Supports milk ejection during breastfeeding. Approved medical products have specific obstetric uses under clinical supervision. [1]

03 Evidence & its limits

The established obstetric uses do not establish oxytocin as a treatment for relationships or general emotional well-being. The Pitocin label describes serious risks from excessive uterine stimulation and water intoxication; this is a potent medicine even though the body makes the hormone naturally. [1]

04 Risks & unknowns

Administered oxytocin can cause excessive uterine activity and fetal distress. Large or prolonged exposure can contribute to water intoxication and electrolyte disturbance. Social behavior is complex; “the love hormone” is not a clinical indication. [1]

05 Status & scope

Approved medicinal products have specific obstetric uses under clinical supervision. Normal hormone biology does not establish a general treatment for bonding or social behavior. [1]

06 The question to ask

Does the evidence match the exact product, route, condition and outcome being discussed? Check the full record and its review dates. This summary is selective; the product label and clinical assessment contain additional warnings and contraindications.

SOURCES / Tap a reference to open

[1] Full evidence record, references and review dates
[2] FDA Drugs@FDA
[3] Weill Cornell history
[4] Nobel Prize biography

Selective educational summary, not treatment or dosing advice. Existing profile review dates retained; no independent clinical review.