syntax	becomes
Plain text End a line with two spaces to start a new paragraph. *italics* and _italics_ **bold** andbold superscript^2^ ~~strikethrough~~ [link](www.rstudio.com)	Plain text End a line with two spaces to start a new paragraph. italics and italics bold and bold superscript <sup>2</sup> strikethrough link
# Header 1	Header 1
## Header 2 ### Header 3	Header 2

Header 5

Header 6

**Header 3** 

#### Header 4

Header 4

##### Header 5

##### Header 6