Taken from http://daringfireball.net/projects/markdown/basics

A First Level Header

A Second Level Header

Now is the time for all good men to come to the aid of their country. This is just a regular paragraph.

The quick brown fox jumped over the lazy dog's back.

Header 3

This is a blockquote.

This is the second paragraph in the blockquote.

This is an H2 in a blockquote