
COMBINED SUPER/SUBSCRIPT

Energy: $E = mc^2$
 $^{14}\text{C}_6$ (Carbon-14 isotope notation)
Quadratic: $x = \frac{-b \pm \sqrt{b^2 - 4ac}}{2a}$

PRACTICAL USE CASES

Superscript: Exponents, ordinals, TM/R symbols, footnotes
Subscript: Chemical formulas, indices, mathematical notation