format _{type}	code	example	usage
Normal		Regular text	Default body text
Bold	b	Bold text	Emphasis and headers
Italic	i	Italic text	Special terms, notes
Bold Italic	bi	Bold italic text	Maximum emphasis
<u>Underline</u>	<u>u</u>	<u>Underlined text</u>	Highlight important items
Strikethrough	s	Crossed out	Deprecated content