This is a nuclear equation using superscripts:

$$^{78}Kr + ^{4}He \rightarrow ^{81}Rb + p$$

This is an equation using subscripts:

$$x_1 + x_2 + x_3 = 1$$

And this is an equation using both superscripts and subscripts:

$$x_1^2 + y_1^2 + z_1^2 = 1$$