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**Research**

JSON Web Token (JWT) is a standard that uses cryptography to securely exchange information in a simple JSON format between a client (frontend) and a server (backend).

It is used in web applications to provide protection against unauthorized access.

For example, if a customer attempts to login via a client application, a login request is sent to the server. If the login credentials are correct, the server generates a JWT and sends it back to the client application where it is included in every request by the client for secure access.

If SSL is not used, it could lead to data breaches, loss of customer trust, and possible legal liabilities.

A dangerous JWT implementation mistake is failing to verify the signature.