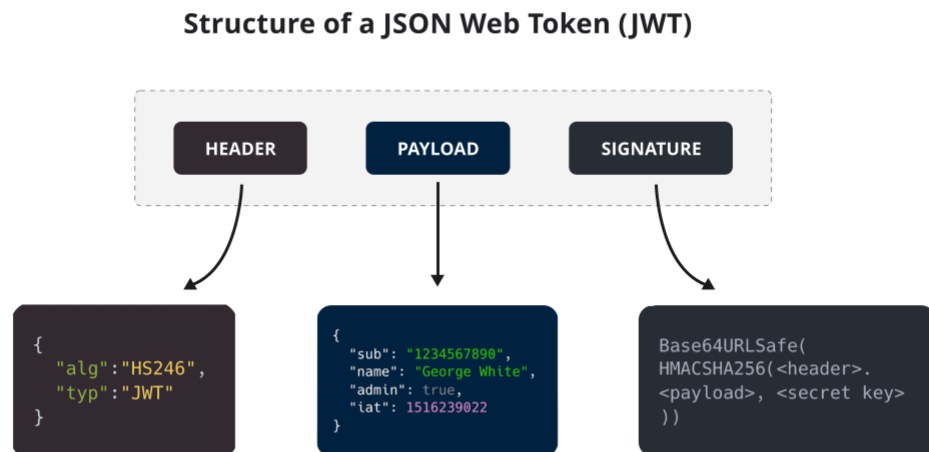


JWT

JWT which stands for **JSON Web Token** is an open industry standard used to share information between two entities, usually a client (like your app's frontend) and a server (your app's backend).



SuperTokens

The data is encoded and digitally signed, which ensures its authenticity. JWT is widely used in [API authentication](#) and authorization workflows, as well as for data transfer between clients and servers.

Benefits of JWTs

- **More compact:** JSON is less verbose than XML, so when it is encoded, a JWT is smaller than a SAML token. This makes JWT a good choice to be passed in HTML and HTTP environments.
- **Easier to process:** JWT is used at internet scale. This means that it is easier to process on users' devices, especially mobile.
- **More secure:** JWTs can use a public/private key pair in the form of an X.509 certificate for signing. A JWT can also be symmetrically signed by a shared secret using the HMAC algorithm.