```
11 is a prime number

12 equals 2 * 6

13 is a prime number

14 equals 2 * 7

15 equals 3 * 5

16 equals 2 * 8

17 is a prime number

18 equals 2 * 9

19 is a prime number
```

Nested Loops

Python programming language allows to use one loop inside another loop. Following section shows few examples to illustrate the concept.

Syntax

```
for iterating_var in sequence:

    for iterating_var in sequence:

        statements(s)

    statements(s)
```

The syntax for a **nested while loop** statement in Python programming language is as follows:

```
while expression:

    while expression:

        statement(s)

    statement(s)
```

A final note on loop nesting is that you can put any type of loop inside of any other type of loop. For example a for loop can be inside a while loop or vice versa.