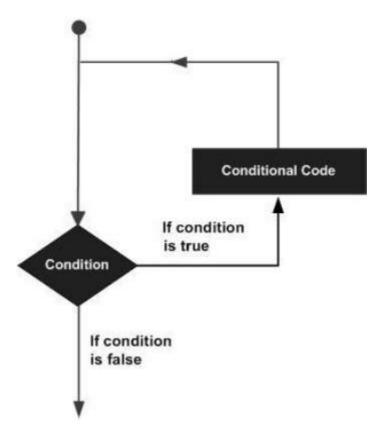
Programming languages provide various control structures that allow for more complicated execution paths.

A loop statement allows us to execute a statement or group of statements multiple times and following is the general form of a loop statement in most of the programming languages —



F# provides the following types of loops to handle the looping requirements.

Loop Type	Description
for to and for downto expressions	The forto expression is used to iterate in a loop over a range of values of a loop variable. The for downto expression reduces the value of loop variable.
for in expression	This form of for loop is used to iterate over collections of items i.e., loops over collections and sequences
Whiledo loop	Repeats a statement or group of statements while a given condition is true. It tests the condition before executing the loop body.
nested loops	You can use one or more loop inside any other for or while loop.