In PHP, nested loops are loops that are placed inside other loops. This means that one loop is contained within the body of another loop. The nested loops can be of the same type or of different types.

The most common types of loops used in PHP are the for, while, and do-while loops.

An example of a nested for loop in PHP:

```
for ($i = 1; $i <= 5; $i++) {
   for ($j = 1; $j <= 5; $j++) {
      echo $i * $j . " ";
   }
   echo "<br>";
}
```

Explanation:

In this example, we have two for loops nested inside each other. The outer loop iterates from 1 to 5, while the inner loop iterates from 1 to 5 for each iteration of the outer loop.

The result of this code will be:

```
1 2 3 4 5
2 4 6 8 10
3 6 9 12 15
4 8 12 16 20
5 10 15 20 25
```

Nested loops are useful when you need to perform a repetitive task that requires multiple iterations.

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