

National Currency Watch 2025-10-03

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
USD	8.0 mg	-3.0%	-8.5%	-31.9%	-51.0%
CAD	5.7 mg	-3.1%	-9.6%	-34.0%	-53.3%
EUR	9.4 mg	-2.6%	-8.0%	-27.5%	-50.9%
JPY	0.054 mg	-1.2%	-7.6%	-32.1%	-64.9%
CNY	1.15 mg	-2.5%	-7.2%	-31.9%	-53.7%

Digital Token Watch 2025-10-03

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	978.56 g	8.1%	0.2%	37.2%	466.7%
Ethereum (ETH)	36.15 g	8.5%	-7.1%	31.0%	538.2%
Crypto Index (CCi30)	6,893.89 g	6.4%	-1.9%	22.1%	159.3%

Bond Watch 2025-10-03

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	0.66 g	-3.1%	-8.4%	-30.2%	-48.8%
US 20+ Year (TLT)	0.72 g	-2.5%	-5.5%	-35.7%	-70.8%

Equity Watch 2025-10-03

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
DJIA	374.28 g	-1.9%	-5.5%	-24.2%	-17.3%
S&P 500	53.76 g	-1.9%	-4.7%	-19.7%	-1.8%
Nikkei 225	2.49 g	-0.3%	0.8%	-19.3%	-30.3%
Euro STOXX (FEZ)	0.508 g	0.1%	-2.1%	-16.4%	-14.6%
HUI	4.96 g	-0.5%	7.2%	32.5%	-6.4%

Commodity Watch 2025-10-03

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Crude Oil	0.487 g/bbl	-10.1%	-12.9%	-43.7%	-19.5%
Platinum	12.82 g/oz	0.1%	3.7%	10.8%	-11.9%
Palladium	10.12 g/oz	-3.8%	0.6%	-12.6%	-73.2%
Silver	0.381 g/oz	2.6%	6.6%	3.0%	-2.3%
Copper	40.5 mg/lb	4.0%	1.5%	-23.4%	-16.8%
Coffee	31.3 mg/lb	0.3%	-7.2%	5.6%	75.7%
Cotton	5.03 mg/lb	-4.6%	-11.1%	-40.9%	-53.2%