

National Currency Watch 2025-10-10

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
USD	7.8 mg	-2.2%	-8.1%	-33.9%	-51.6%
CAD	5.6 mg	-2.6%	-9.3%	-35.1%	-54.7%
EUR	9.1 mg	-3.6%	-9.3%	-29.8%	-52.6%
JPY	0.051 mg	-6.0%	-11.5%	-35.6%	-66.6%
CNY	1.11 mg	-3.1%	-7.9%	-34.7%	-55.1%

Digital Token Watch 2025-10-10

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	885.89 g	-9.5%	-8.8%	24.4%	384.9%
Ethereum (ETH)	30.02 g	-17.0%	-19.0%	6.5%	407.0%
Crypto Index (CCI30)	5,648.28 g	-18.1%	-20.2%	-1.6%	103.3%

Bond Watch 2025-10-10

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	0.65 g	-2.1%	-8.1%	-31.9%	-49.3%
US 20+ Year (TLT)	0.71 g	-0.9%	-7.2%	-34.9%	-70.2%

Equity Watch 2025-10-10

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
DJIA	355.91 g	-4.9%	-8.2%	-29.1%	-23.0%
S&P 500	51.28 g	-4.6%	-7.9%	-25.0%	-8.8%
Nikkei 225	2.46 g	-1.2%	-2.9%	-21.4%	-32.0%
Euro STOXX (FEZ)	0.478 g	-5.9%	-6.2%	-22.3%	-21.4%
HUI	4.80 g	-3.3%	2.3%	27.7%	-12.8%

Commodity Watch 2025-10-10

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Crude Oil	0.461 g/bbl	-5.4%	-15.0%	-48.6%	-29.8%
Platinum	12.80 g/oz	-0.2%	8.1%	13.2%	-11.3%
Palladium	11.39 g/oz	12.5%	13.0%	-8.9%	-71.3%
Silver	0.397 g/oz	4.2%	13.2%	9.5%	1.0%
Copper	37.9 mg/lb	-6.3%	-2.1%	-26.9%	-23.9%
Coffee	29.2 mg/lb	-6.7%	-14.5%	-3.1%	61.8%
Cotton	5.00 mg/lb	-0.7%	-10.6%	-41.9%	-54.3%