

National Currency Watch

2025-10-24

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
USD	7.6 mg	2.9%	-8.4%	-33.4%	-53.6%
CAD	5.4 mg	3.4%	-9.3%	-34.0%	-56.4%
EUR	8.8 mg	2.6%	-9.2%	-28.4%	-54.4%
JPY	0.050 mg	1.3%	-11.3%	-33.8%	-68.1%
CNY	1.06 mg	5.8%	-9.1%	-33.9%	-57.2%

Digital Token Watch

2025-10-24

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	841.15 g	7.3%	-10.2%	8.3%	292.7%
Ethereum (ETH)	29.81 g	5.7%	-13.1%	3.2%	345.2%
Crypto Index (CCI30)	5,505.21 g	7.5%	-18.0%	-8.7%	83.1%

Bond Watch

2025-10-24

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	0.63 g	3.0%	-8.1%	-31.2%	-51.3%
US 20+ Year (TLT)	0.69 g	3.2%	-5.8%	-32.8%	-70.8%

Equity Watch

2025-10-24

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
DJIA	357.74 g	5.2%	-6.2%	-25.8%	-22.7%
S&P 500	51.47 g	4.9%	-6.2%	-22.2%	-9.1%
Nikkei 225	2.45 g	4.9%	-4.2%	-14.5%	-33.2%
Euro STOXX (FEZ)	0.477 g	3.1%	-5.6%	-17.7%	-20.8%
HUI	4.47 g	-4.7%	-7.3%	16.2%	-15.5%

Commodity Watch

2025-10-24

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Crude Oil	0.466 g/bbl	10.0%	-13.3%	-41.7%	-28.4%
Platinum	12.38 g/oz	2.4%	1.1%	5.0%	-17.4%
Palladium	10.91 g/oz	-3.7%	7.6%	-15.6%	-72.1%
Silver	0.364 g/oz	-8.7%	0.3%	-6.4%	-10.1%
Copper	38.6 mg/lb	6.3%	-1.8%	-21.5%	-24.5%
Coffee	30.5 mg/lb	4.4%	0.4%	9.3%	77.0%
Cotton	4.87 mg/lb	2.8%	-8.1%	-40.3%	-58.2%