

National Currency Watch 2025-11-07

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
USD	7.8 mg	0.4%	-0.4%	-32.6%	-51.4%
CAD	5.5 mg	-0.5%	-1.5%	-33.9%	-55.1%
EUR	9.0 mg	0.9%	-1.0%	-27.8%	-52.6%
JPY	0.051 mg	1.1%	-2.1%	-32.6%	-67.2%
CNY	1.09 mg	0.2%	-4.8%	-33.4%	-55.6%

Digital Token Watch 2025-11-07

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	805.18 g	-5.2%	-15.2%	-8.3%	238.7%
Ethereum (ETH)	26.74 g	-10.3%	-23.2%	-20.0%	267.0%
Crypto Index (CCI30)	5,135.84 g	-7.2%	-22.2%	-22.2%	76.9%

Bond Watch 2025-11-07

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	0.65 g	0.3%	-0.4%	-30.6%	-49.1%
US 20+ Year (TLT)	0.70 g	-0.4%	0.1%	-32.6%	-70.3%

Equity Watch 2025-11-07

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
DJIA	365.91 g	-0.8%	0.4%	-27.6%	-19.4%
S&P 500	52.40 g	-1.2%	-0.2%	-24.1%	-6.8%
Nikkei 225	2.56 g	-3.1%	2.7%	-13.9%	-32.2%
Euro STOXX (FEZ)	0.484 g	-0.1%	-0.8%	-16.7%	-18.2%
HUI	4.51 g	0.2%	-7.1%	23.9%	-18.6%

Commodity Watch 2025-11-07

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Crude Oil	0.465 g/bbl	-1.6%	-3.6%	-44.3%	-21.8%
Platinum	12.10 g/oz	-1.8%	-5.0%	6.0%	-17.1%
Palladium	10.87 g/oz	-4.3%	3.6%	-8.8%	-72.3%
Silver	0.379 g/oz	-0.1%	0.1%	5.5%	-8.2%
Copper	38.5 mg/lb	-2.1%	-2.5%	-24.5%	-23.9%
Coffee	31.8 mg/lb	4.5%	8.2%	5.6%	85.3%
Cotton	4.95 mg/lb	-2.5%	2.2%	-39.6%	-54.9%