

**National Currency Watch** 2026-04-10

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
<a href="#">USD</a>	6.5 mg	-2.8%	9.1%	-34.2%	-63.5%	
<a href="#">CAD</a>	4.7 mg	-2.2%	7.3%	-32.8%	-66.9%	
<a href="#">EUR</a>	7.6 mg	-1.2%	10.2%	-30.6%	-64.0%	
<a href="#">JPY</a>	0.041 mg	-2.7%	8.2%	-39.1%	-74.9%	
<a href="#">CNY</a>	.95 mg	-1.5%	9.6%	-29.2%	-64.6%	

**Digital Token Watch** 2026-04-10

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
<a href="#">Bitcoin (BTC)</a>	475.46 g	5.9%	14.0%	-39.6%	-55.5%	
<a href="#">Ethereum (ETH)</a>	14.63 g	6.2%	20.4%	-3.0%	-60.5%	
<a href="#">Crypto Index (CCi30)</a>	2,720.98 g	2.9%	12.8%	-47.6%	-83.5%	

**Bond Watch** 2026-04-10

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
<a href="#">US 1-3 Year (SHY)</a>	0.54 g	-2.8%	8.7%	-33.9%	-62.3%	
<a href="#">US 20+ Year (TLT)</a>	0.56 g	-3.2%	6.9%	-33.9%	-75.1%	

**Equity Watch** 2026-04-10

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
<a href="#">DJIA</a>	312.20 g	0.1%	9.6%	-20.3%	-48.3%	
<a href="#">S&amp;P 500</a>	44.42 g	0.6%	9.7%	-14.8%	-39.8%	
<a href="#">Nikkei 225</a>	2.33 g	4.3%	13.5%	0.2%	-52.0%	
<a href="#">Euro STOXX (FEZ)</a>	0.430 g	2.6%	12.8%	-16.1%	-47.7%	
<a href="#">HUI</a>	5.46 g	0.7%	3.4%	50.0%	8.0%	

**Commodity Watch** 2026-04-10

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
<a href="#">Crude Oil</a>	0.629 g/bbl	-15.9%	26.3%	5.8%	-40.6%	
<a href="#">Platinum</a>	13.38 g/oz	1.9%	0.2%	45.1%	-37.7%	
<a href="#">Palladium</a>	10.01 g/oz	-0.2%	-0.5%	10.4%	-78.8%	
<a href="#">Silver</a>	0.492 g/oz	3.4%	-6.9%	60.8%	9.2%	
<a href="#">Copper</a>	38.2 mg/lb	2.6%	8.5%	-10.5%	-47.0%	
<a href="#">Coffee</a>	19.6 mg/lb	-1.3%	9.0%	-42.4%	-14.0%	
<a href="#">Cotton</a>	4.77 mg/lb	0.3%	22.4%	-27.5%	-67.6%	