

**National Currency Watch** 2026-05-08

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
<a href="#">USD</a>	6.6 mg	-2.2%	1.1%	-29.3%	-61.3%	
<a href="#">CAD</a>	4.8 mg	-2.8%	2.4%	-28.4%	-65.5%	
<a href="#">EUR</a>	7.7 mg	-2.2%	1.5%	-26.6%	-62.6%	
<a href="#">JPY</a>	0.042 mg	-2.1%	2.3%	-35.1%	-73.2%	
<a href="#">CNY</a>	.97 mg	-2.5%	2.3%	-23.3%	-63.4%	

**Digital Token Watch** 2026-05-08

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
<a href="#">Bitcoin (BTC)</a>	526.04 g	0.3%	14.0%	-45.0%	-47.2%	
<a href="#">Ethereum (ETH)</a>	15.13 g	-1.7%	6.4%	-25.8%	-74.4%	
<a href="#">Crypto Index (CCi30)</a>	3,042.49 g	4.4%	14.5%	-50.3%	-85.7%	

**Bond Watch** 2026-05-08

		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	-2.1%	0.9%	-29.2%	-59.9%	
<a href="#">US 20+ Year (TLT)</a>	0.56 g	-1.7%	0.1%	-30.0%	-74.0%	

**Equity Watch** 2026-05-08

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
<a href="#">DJIA</a>	325.43 g	-2.0%	4.7%	-15.2%	-44.7%	
<a href="#">S&amp;P 500</a>	48.54 g	0.1%	10.3%	-7.6%	-32.3%	
<a href="#">Nikkei 225</a>	2.62 g	3.2%	13.9%	10.1%	-42.7%	
<a href="#">Euro STOXX (FEZ)</a>	0.457 g	1.7%	2.1%	-13.9%	-43.8%	
<a href="#">HUI</a>	5.10 g	2.6%	-5.7%	41.9%	-0.2%	

**Commodity Watch** 2026-05-08

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
<a href="#">Crude Oil</a>	0.626 g/bbl	-11.2%	2.2%	12.6%	-43.1%	
<a href="#">Platinum</a>	13.59 g/oz	0.7%	1.9%	48.6%	-35.5%	
<a href="#">Palladium</a>	9.69 g/oz	-6.7%	-6.9%	7.1%	-80.0%	
<a href="#">Silver</a>	0.529 g/oz	7.8%	6.1%	75.8%	14.1%	
<a href="#">Copper</a>	41.0 mg/lb	3.1%	9.7%	-3.1%	-49.0%	
<a href="#">Coffee</a>	19.0 mg/lb	-6.2%	-0.4%	-48.5%	-26.6%	
<a href="#">Cotton</a>	5.56 mg/lb	1.2%	19.5%	-10.2%	-63.4%	