

National Currency Watch 2026-05-29

	Price in Gold	Change from			
		Week ago	Month ago	Year ago	5 Years ago
USD	6.8 mg	-0.9%	-0.5%	-27.1%	-58.2%
CAD	5.0 mg	-0.9%	-1.3%	-26.8%	-63.4%
EUR	8.0 mg	-0.6%	-1.1%	-25.2%	-60.0%
JPY	0.043 mg	-1.0%	-0.3%	-33.3%	-71.1%
CNY	1.02 mg	0.9%	2.9%	-22.6%	-60.4%

Digital Token Watch 2026-05-29

	Price in Gold	Change from			
		Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	502.09 g	-3.6%	-3.7%	-49.4%	-11.4%
Ethereum (ETH)	13.77 g	-3.4%	-11.2%	-44.3%	-65.2%
Crypto Index (CCi30)	2,940.86 g	-1.8%	-0.1%	-54.4%	-73.9%

Bond Watch 2026-05-29

	Price in Gold	Change from			
		Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	0.57 g	0.2%	-0.2%	-26.8%	-56.4%
US 20+ Year (TLT)	0.59 g	1.3%	-0.1%	-27.2%	-71.7%

Equity Watch 2026-05-29

	Price in Gold	Change from			
		Week ago	Month ago	Year ago	5 Years ago
DJIA	350.55 g	0.9%	4.3%	-11.6%	-38.0%
S&P 500	52.07 g	1.4%	6.1%	-6.2%	-24.3%
Nikkei 225	2.77 g	4.7%	7.4%	12.0%	-36.1%
Euro STOXX (FEZ)	0.466 g	1.1%	5.1%	-16.3%	-41.4%
HUI	5.25 g	5.0%	4.4%	40.9%	0.5%

Commodity Watch 2026-05-29

	Price in Gold	Change from			
		Week ago	Month ago	Year ago	5 Years ago
Crude Oil	0.600 g/bbl	-9.6%	-18.4%	4.9%	-44.7%
Platinum	13.13 g/oz	-0.1%	1.0%	28.6%	-31.4%
Palladium	9.40 g/oz	1.4%	-6.6%	2.5%	-79.6%
Silver	0.521 g/oz	-0.1%	4.0%	66.1%	15.1%
Copper	43.7 mg/lb	0.3%	8.0%	0.0%	-43.0%
Coffee	18.2 mg/lb	-2.5%	-13.1%	-44.2%	-31.4%
Cotton	5.23 mg/lb	-1.6%	-1.1%	-14.1%	-61.1%