

**National Currency Watch** 2026-06-05

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
<a href="#">USD</a>	7.1 mg	4.1%	4.8%	-22.7%	-56.7%	
<a href="#">CAD</a>	5.1 mg	3.2%	2.7%	-24.0%	-62.3%	
<a href="#">EUR</a>	8.3 mg	3.8%	4.1%	-21.8%	-58.7%	
<a href="#">JPY</a>	0.045 mg	3.7%	3.0%	-31.0%	-70.4%	
<a href="#">CNY</a>	1.03 mg	1.3%	4.1%	-19.5%	-61.0%	

**Digital Token Watch** 2026-06-05

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
<a href="#">Bitcoin (BTC)</a>	434.09 g	-13.5%	-21.1%	-53.7%	-25.8%	
<a href="#">Ethereum (ETH)</a>	11.26 g	-18.2%	-29.8%	-49.5%	-74.5%	
<a href="#">Crypto Index (CCi30)</a>	2,539.49 g	-13.6%	-18.0%	-56.4%	-79.9%	

**Bond Watch** 2026-06-05

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
<a href="#">US 1-3 Year (SHY)</a>	0.56 g	-0.5%	0.7%	-25.9%	-56.9%	
<a href="#">US 20+ Year (TLT)</a>	0.58 g	-0.8%	0.6%	-26.7%	-72.4%	

**Equity Watch** 2026-06-05

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
<a href="#">DJIA</a>	349.41 g	-0.3%	4.3%	-10.4%	-38.9%	
<a href="#">S&amp;P 500</a>	50.72 g	-2.6%	2.8%	-7.3%	-27.1%	
<a href="#">Nikkei 225</a>	2.79 g	0.4%	8.3%	14.9%	-35.9%	
<a href="#">Euro STOXX (FEZ)</a>	0.459 g	-1.5%	2.8%	-16.8%	-42.9%	
<a href="#">HUI</a>	5.06 g	-3.6%	2.0%	27.2%	-1.8%	

**Commodity Watch** 2026-06-05

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
<a href="#">Crude Oil</a>	0.622 g/bbl	3.6%	-10.5%	6.5%	-45.7%	
<a href="#">Platinum</a>	12.98 g/oz	-1.2%	-3.8%	24.1%	-32.0%	
<a href="#">Palladium</a>	8.87 g/oz	-5.6%	-14.1%	-5.1%	-81.0%	
<a href="#">Silver</a>	0.499 g/oz	-4.1%	0.0%	51.3%	10.9%	
<a href="#">Copper</a>	43.0 mg/lb	-1.5%	6.5%	-5.0%	-42.3%	
<a href="#">Coffee</a>	16.9 mg/lb	-7.2%	-18.5%	-48.9%	-36.3%	
<a href="#">Cotton</a>	5.07 mg/lb	-3.2%	-9.6%	-15.9%	-64.1%	