

National Currency Watch 2026-07-24

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
USD	7.6 mg	-1.8%	-1.1%	-17.2%	-55.8%
CAD	5.4 mg	-2.1%	-0.2%	-20.1%	-60.5%
EUR	8.7 mg	-2.4%	-1.1%	-20.0%	-57.2%
JPY	0.047 mg	-2.6%	-2.4%	-26.1%	-70.1%
CNY	1.14 mg	-1.1%	1.2%	-11.9%	-57.3%

Digital Token Watch 2026-07-24

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	490.18 g	-2.6%	5.7%	-55.0%	-20.2%
Ethereum (ETH)	14.23 g	-0.7%	13.8%	-58.5%	-61.2%
Crypto Index (CCi30)	2,756.44 g	-3.7%	-0.1%	-62.0%	-72.1%

Bond Watch 2026-07-24

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	0.63 g	-2.0%	-1.4%	-18.0%	-54.6%
US 20+ Year (TLT)	0.64 g	-3.2%	-5.7%	-19.8%	-73.3%

Equity Watch 2026-07-24

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
DJIA	395.45 g	-2.6%	-1.3%	-4.3%	-34.7%
S&P 500	56.65 g	-2.4%	-0.4%	-3.7%	-25.7%
Nikkei 225	3.10 g	0.8%	-6.3%	17.4%	-28.0%
Euro STOXX (FEZ)	0.514 g	-2.5%	-0.7%	-7.4%	-36.5%
HUI	4.79 g	3.9%	-2.0%	18.1%	7.1%

Commodity Watch 2026-07-24

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Crude Oil	0.683 g/bbl	6.4%	25.6%	11.9%	-45.2%
Platinum	12.24 g/oz	0.0%	-0.9%	-5.5%	-34.1%
Palladium	9.60 g/oz	-0.4%	5.4%	-16.4%	-79.6%
Silver	0.446 g/oz	3.6%	-4.8%	23.7%	2.6%
Copper	48.3 mg/lb	-0.2%	5.2%	-9.5%	-36.5%
Coffee	24.0 mg/lb	-6.2%	6.5%	-14.8%	-26.5%
Cotton	6.01 mg/lb	0.1%	7.8%	-3.5%	-61.2%