

National Currency Watch 2026-08-21

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
USD	6.8 mg	-4.2%	-11.6%	-27.1%	-61.2%
CAD	4.9 mg	-3.2%	-9.7%	-26.7%	-63.7%
EUR	7.9 mg	-2.9%	-9.5%	-26.7%	-61.1%
JPY	0.043 mg	-3.8%	-9.6%	-32.4%	-73.2%
CNY	1.02 mg	-4.4%	-9.9%	-21.3%	-61.9%

Digital Token Watch 2026-08-21

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	532.35 g	19.3%	4.3%	-49.2%	-38.3%
Ethereum (ETH)	17.10 g	28.3%	15.5%	-56.6%	-69.6%
Crypto Index (CCi30)	2,985.34 g	19.4%	4.1%	-60.4%	-80.6%

Bond Watch 2026-08-21

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	0.56 g	-4.2%	-11.4%	-27.7%	-60.0%
US 20+ Year (TLT)	0.56 g	-4.2%	-13.3%	-30.8%	-77.3%

Equity Watch 2026-08-21

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
DJIA	361.65 g	-5.0%	-9.8%	-13.3%	-41.1%
S&P 500	52.09 g	-5.5%	-9.6%	-12.2%	-32.9%
Nikkei 225	2.82 g	-7.6%	-9.9%	4.7%	-34.4%
Euro STOXX (FEZ)	0.487 g	-4.6%	-6.9%	-13.5%	-40.8%
HUI	5.86 g	7.9%	23.3%	30.4%	39.7%

Commodity Watch 2026-08-21

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Crude Oil	0.591 g/bbl	1.2%	-8.7%	-0.1%	-45.6%
Platinum	12.82 g/oz	4.1%	3.0%	3.4%	-24.9%
Palladium	9.24 g/oz	-1.2%	-5.7%	-10.7%	-77.0%
Silver	0.472 g/oz	3.1%	4.9%	34.8%	16.3%
Copper	43.9 mg/lb	-6.2%	-12.3%	6.2%	-39.4%
Coffee	24.4 mg/lb	1.7%	-1.5%	-30.3%	-21.9%
Cotton	5.91 mg/lb	-0.2%	-2.5%	-3.7%	-63.7%