

National Currency Watch 2026-09-25

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
USD	7.3 mg	2.0%	8.3%	-12.4%	-59.0%
CAD	5.2 mg	0.9%	6.0%	-14.0%	-63.2%
EUR	8.3 mg	1.1%	5.6%	-14.7%	-60.2%
JPY	0.046 mg	0.3%	8.5%	-18.0%	-71.4%
CNY	1.08 mg	1.6%	8.4%	-8.3%	-60.5%

Digital Token Watch 2026-09-25

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Bitcoin (BTC)	613.71 g	6.1%	16.0%	-32.6%	-20.4%	
Ethereum (ETH)	19.64 g	5.1%	19.4%	-39.5%	-62.5%	
Crypto Index (CCi30)	3,758.33 g	9.6%	28.2%	-41.1%	-72.3%	

Bond Watch 2026-09-25

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	0.59 g	2.0%	7.5%	-11.5%	-57.4%
US 20+ Year (TLT)	0.58 g	-0.4%	2.9%	-19.2%	-75.9%

Equity Watch 2026-09-25

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
DJIA	378.32 g	2.3%	4.8%	-1.2%	-38.9%
S&P 500	56.52 g	3.3%	9.3%	2.6%	-28.8%
Nikkei 225	3.05 g	2.4%	9.4%	18.9%	-37.3%
Euro STOXX (FEZ)	0.501 g	2.9%	3.6%	-0.9%	-40.4%
HUI	5.74 g	-0.4%	-4.5%	16.7%	39.9%

Commodity Watch 2026-09-25

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Crude Oil	0.675 g/bbl	-6.0%	21.5%	24.5%	-48.8%
Platinum	12.91 g/oz	0.7%	4.4%	2.9%	-25.2%
Palladium	9.17 g/oz	-2.5%	3.0%	-10.8%	-73.5%
Silver	0.475 g/oz	-1.0%	3.8%	26.7%	17.6%
Copper	48.9 mg/lb	3.3%	8.1%	24.6%	-36.0%
Coffee	20.3 mg/lb	1.4%	-18.7%	-34.3%	-41.2%
Cotton	5.76 mg/lb	4.1%	-1.8%	8.2%	-66.3%