

**National Currency Watch** 2025-02-21

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
USD	10.6 mg	-0.4%	-6.7%	-30.9%	-44.0%	
CAD	7.5 mg	-0.8%	-5.9%	-34.4%	-47.9%	
EUR	11.1 mg	-0.9%	-6.3%	-33.1%	-46.0%	
JPY	0.071 mg	1.6%	-2.7%	-30.4%	-58.1%	
CNY	1.46 mg	0.5%	-6.8%	-29.8%	-46.2%	

**Digital Token Watch** 2025-02-21

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Bitcoin (BTC)	1,019.08 g	-1.8%	-15.5%	28.1%	455.8%	
Ethereum (ETH)	28.18 g	-2.9%	-25.4%	-38.3%	468.6%	
Crypto Index (CCi30)	7,396.36 g	-5.4%	-26.3%	-3.2%	147.6%	

**Bond Watch** 2025-02-21

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
US 1-3 Year (SHY)	0.87 g	-0.3%	-6.2%	-28.1%	-41.5%	
US 20+ Year (TLT)	0.95 g	0.1%	-5.0%	-30.7%	-63.2%	

**Equity Watch** 2025-02-21

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
DJIA	460.36 g	-2.9%	-8.0%	-22.3%	-16.1%	
S&P 500	63.74 g	-2.1%	-7.2%	-16.6%	0.9%	
Nikkei 225	2.75 g	0.6%	-3.3%	-29.5%	-30.5%	
Euro STOXX (FEZ)	0.577 g	-1.5%	-1.5%	-24.2%	-23.8%	
HUI	3.40 g	-2.1%	-1.3%	6.5%	-28.1%	

**Commodity Watch** 2025-02-21

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Crude Oil	0.746 g/bbl	-0.9%	-13.4%	-37.6%	-26.1%	
Platinum	10.35 g/oz	-2.6%	-3.8%	-25.3%	-44.0%	
Palladium	10.37 g/oz	-1.8%	-3.3%	-30.6%	-79.6%	
Silver	0.349 g/oz	5.4%	0.8%	-1.4%	-0.6%	
Copper	48.3 mg/lb	-2.5%	-1.3%	-18.7%	-2.1%	
Coffee	42.4 mg/lb	-5.1%	13.9%	39.3%	103.2%	
Cotton	7.00 mg/lb	-2.0%	-8.9%	-50.7%	-46.4%	