

National Currency Watch 2025-04-04

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
USD	10.2 mg	0.6%	-4.9%	-24.9%	-47.2%	
CAD	7.2 mg	2.2%	-1.8%	-28.0%	-47.1%	
EUR	11.2 mg	2.1%	-0.7%	-23.9%	-46.2%	
JPY	0.069 mg	3.2%	-3.7%	-22.5%	-61.0%	
CNY	1.34 mg	-3.4%	-9.2%	-27.6%	-51.2%	

Digital Token Watch 2025-04-04

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Bitcoin (BTC)	853.85 g	0.0%	-8.6%	-8.1%	544.8%	
Ethereum (ETH)	18.48 g	-3.8%	-20.5%	-59.1%	574.4%	
Crypto Index (CCi30)	5,716.11 g	-3.6%	-13.7%	-36.4%	199.4%	

Bond Watch 2025-04-04

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
US 1-3 Year (SHY)	0.84 g	0.6%	-4.6%	-21.3%	-45.8%	
US 20+ Year (TLT)	0.95 g	3.6%	-3.4%	-22.4%	-68.8%	

Equity Watch 2025-04-04

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
DJIA	390.15 g	-7.3%	-14.3%	-25.5%	-3.9%	
S&P 500	51.67 g	-8.6%	-16.5%	-26.0%	7.7%	
Nikkei 225	2.34 g	-6.1%	-12.8%	-34.2%	-26.1%	
Euro STOXX (FEZ)	0.512 g	-8.1%	-13.5%	-27.3%	-5.0%	
HUI	3.32 g	-8.8%	-1.2%	-4.7%	-14.1%	

Commodity Watch 2025-04-04

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Crude Oil	0.631 g/bbl	-10.1%	-13.6%	-46.2%	15.5%	
Platinum	9.53 g/oz	-4.6%	-7.3%	-24.8%	-30.8%	
Palladium	9.39 g/oz	-5.3%	-7.3%	-32.4%	-77.2%	
Silver	0.319 g/oz	-8.4%	-6.5%	-12.8%	15.0%	
Copper	44.6 mg/lb	-13.8%	-7.9%	-22.5%	6.3%	
Coffee	37.2 mg/lb	-3.2%	-13.8%	32.8%	68.1%	
Cotton	6.45 mg/lb	-4.8%	-2.8%	-45.4%	-34.4%	