

National Currency Watch 2026-03-13

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
USD	6.2 mg	1.6%	-1.0%	-41.0%	-66.2%	
CAD	4.5 mg	1.9%	-1.1%	-37.5%	-69.0%	
EUR	7.1 mg	0.9%	-3.9%	-37.4%	-67.4%	
JPY	0.039 mg	0.6%	-5.0%	-45.3%	-76.9%	
CNY	.88 mg	0.5%	-2.5%	-39.7%	-68.2%	

Digital Token Watch 2026-03-13

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Bitcoin (BTC)	437.55 g	5.8%	2.1%	-48.4%	-60.8%	
Ethereum (ETH)	12.90 g	7.4%	1.2%	-33.8%	-60.1%	
Crypto Index (CCi30)	2,540.85 g	6.1%	0.0%	-56.5%	-81.1%	

Bond Watch 2026-03-13

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
US 1-3 Year (SHY)	0.51 g	1.4%	-1.6%	-40.5%	-65.1%	
US 20+ Year (TLT)	0.53 g	-0.6%	-4.5%	-43.4%	-76.7%	

Equity Watch 2026-03-13

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
DJIA	287.07 g	-0.4%	-6.9%	-32.7%	-52.0%	
S&P 500	40.89 g	0.0%	-3.9%	-29.2%	-43.2%	
Nikkei 225	2.08 g	-2.7%	-10.2%	-20.0%	-58.1%	
Euro STOXX (FEZ)	0.382 g	-0.3%	-9.3%	-33.8%	-53.1%	
HUI	5.12 g	-2.3%	-5.6%	44.0%	3.5%	

Commodity Watch 2026-03-13

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Crude Oil	0.609 g/bbl	10.4%	55.4%	-12.6%	-49.2%	
Platinum	13.04 g/oz	0.9%	0.6%	27.0%	-39.7%	
Palladium	9.81 g/oz	-1.2%	-6.2%	-0.7%	-77.2%	
Silver	0.516 g/oz	3.3%	7.1%	48.8%	11.0%	
Copper	35.2 mg/lb	0.9%	-2.3%	-31.2%	-53.4%	
Coffee	17.9 mg/lb	-0.8%	-4.2%	-56.2%	-26.2%	
Cotton	4.06 mg/lb	5.9%	5.0%	-41.6%	-74.6%	