

**National Currency Watch** 2026-03-20

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
USD	6.8 mg	10.6%	10.8%	-33.4%	-62.0%	
CAD	5.0 mg	9.7%	10.4%	-30.6%	-65.4%	
EUR	7.9 mg	11.1%	9.0%	-28.8%	-63.0%	
JPY	0.043 mg	11.5%	8.8%	-37.4%	-73.8%	
CNY	.96 mg	8.7%	6.1%	-32.1%	-65.0%	

**Digital Token Watch** 2026-03-20

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Bitcoin (BTC)	480.97 g	9.9%	15.0%	-44.3%	-54.0%	
Ethereum (ETH)	14.64 g	13.4%	20.8%	-27.8%	-55.1%	
Crypto Index (CCi30)	2,830.16 g	11.4%	13.1%	-53.2%	-78.7%	

**Bond Watch** 2026-03-20

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
US 1-3 Year (SHY)	0.56 g	10.2%	9.8%	-33.0%	-60.8%	
US 20+ Year (TLT)	0.59 g	9.7%	6.3%	-36.9%	-73.7%	

**Equity Watch** 2026-03-20

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
DJIA	310.71 g	8.2%	1.7%	-27.7%	-46.9%	
S&P 500	44.36 g	8.5%	4.3%	-23.5%	-36.8%	
Nikkei 225	2.07 g	-0.8%	-8.3%	-20.6%	-57.9%	
Euro STOXX (FEZ)	0.409 g	7.2%	-3.3%	-29.4%	-48.4%	
HUI	4.66 g	-5.7%	-15.3%	27.4%	-7.0%	

**Commodity Watch** 2026-03-20

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Crude Oil	0.670 g/bbl	10.0%	63.6%	-3.9%	-39.2%	
Platinum	13.25 g/oz	4.8%	1.3%	30.8%	-37.0%	
Palladium	9.61 g/oz	-2.0%	-9.6%	-0.9%	-79.5%	
Silver	0.493 g/oz	-4.4%	-0.4%	44.7%	5.2%	
Copper	36.4 mg/lb	3.4%	1.5%	-30.0%	-50.6%	
Coffee	21.1 mg/lb	18.0%	19.0%	-47.4%	-8.7%	
Cotton	4.59 mg/lb	13.0%	18.3%	-32.2%	-69.8%	