

National Currency Watch 2026-03-27

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
USD	6.9 mg	1.3%	15.9%	-32.1%	-61.6%	
CAD	5.0 mg	0.4%	14.5%	-30.0%	-65.1%	
EUR	8.0 mg	0.9%	13.3%	-27.5%	-62.4%	
JPY	0.043 mg	0.2%	13.2%	-36.1%	-73.6%	
CNY	1.01 mg	5.4%	15.6%	-28.4%	-63.1%	

Digital Token Watch 2026-03-27

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Bitcoin (BTC)	457.98 g	-4.8%	16.7%	-48.4%	-54.4%	
Ethereum (ETH)	13.76 g	-6.0%	19.6%	-32.5%	-55.0%	
Crypto Index (CCi30)	2,719.71 g	-3.9%	16.1%	-56.5%	-79.3%	

Bond Watch 2026-03-27

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
US 1-3 Year (SHY)	0.56 g	0.1%	13.4%	-32.5%	-60.8%	
US 20+ Year (TLT)	0.58 g	-0.2%	7.9%	-35.0%	-74.2%	

Equity Watch 2026-03-27

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
DJIA	307.91 g	-0.9%	5.6%	-28.5%	-48.2%	
S&P 500	43.42 g	-2.1%	6.0%	-25.1%	-39.2%	
Nikkei 225	2.07 g	0.0%	-8.1%	-19.1%	-56.8%	
Euro STOXX (FEZ)	0.408 g	-0.2%	-0.2%	-27.5%	-48.9%	
HUI	4.99 g	7.1%	-14.4%	35.3%	3.6%	

Commodity Watch 2026-03-27

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Crude Oil	0.688 g/bbl	2.8%	72.4%	-3.3%	-37.2%	
Platinum	12.84 g/oz	-3.0%	-8.3%	29.3%	-38.4%	
Palladium	9.55 g/oz	-0.6%	-10.3%	-3.9%	-79.8%	
Silver	0.468 g/oz	-5.1%	-12.6%	34.9%	4.0%	
Copper	37.8 mg/lb	3.7%	5.6%	-27.2%	-48.3%	
Coffee	20.8 mg/lb	-1.3%	22.9%	-46.0%	-9.7%	
Cotton	4.80 mg/lb	4.5%	26.6%	-29.7%	-66.8%	