National Currency Watch 2026-11-13

	Price in Gold	Change from Week ago	Month ago	Year ago	5 Years ago
USD	8.0 mg	4.1%	7.2%	7.8%	-52.2%
CAD	5.6 mg	2.3%	7.3%	5.9%	-57.8%
EUR	8.8 mg	2.4%	6.1%	2.5%	-53.8%
JPY	0.050 mg	2.5%	6.3%	4.4%	-65.9%
CNY	1.19 mg	3.7%	7.4%	14.1%	-54.5%

Digital Token Watch 2026-11-13

	Price in Gold	Change from Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	546.10 g	-6.2%	-11.9%	-25.9%	-50.4%
Ethereum (ETH)	15.45 g	-10.1%	-17.1%	-35.4%	-80.2%
Crypto Index (CCi30)	4,522.75 g	-6.8%	-13.9%	-31.3%	-79.9%

Bond Watch 2026-11-13

	Price in Gold	Change from Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	0.62 g	-0.6%	3.3%	5.1%	-51.6%
US 20+ Year (TLT)	0.61 g	-3.1%	4.3%	-4.3%	-73.0%

Equity Watch 2026-11-13

	Price in Gold	Change from Week ago	Month ago	Year ago	5 Years ago
DJIA	402.06 g	2.1%	4.3%	14.3%	-33.4%
S&P 500	58.08 g	2.5%	-0.3%	16.3%	-25.8%
Nikkei 225	3.08 g	6.5%	-3.4%	25.3%	-29.1%
Euro STOXX (FEZ)	0.537 g	7.5%	9.4%	17.0%	-25.0%
HUI	5.23 g	-7.6%	-4.1%	13.9%	12.5%

Commodity Watch 2026-11-13

	Price in Gold	Change from Week ago	Month ago	Year ago	5 Years ago
Crude Oil	0.708 g/bbl	1.5%	0.8%	62.7%	-47.6%
Platinum	12.05 g/oz	3.4%	-4.4%	1.5%	-32.9%
Palladium	8.10 g/oz	3.7%	-3.9%	-25.3%	-76.5%
Silver	0.400 g/oz	0.1%	-10.9%	0.2%	-4.1%
Copper	48.7 mg/lb	1.9%	-2.3%	29.1%	-34.5%
Coffee	22.3 mg/lb	3.8%	2.2%	-25.0%	-39.2%
Cotton	6.30 mg/lb	3.6%	4.9%	35.1%	-68.0%