National Currency Watch 2026-11-20

	Price in Gold	Change from Week ago	Month ago	Year ago	5 Years ago
USD	8.7 mg	9.0%	15.5%	14.6%	-47.9%
CAD	6.1 mg	8.4%	13.6%	12.2%	-54.0%
EUR	9.6 mg	8.2%	13.0%	9.0%	-49.5%
JPY	0.055 mg	9.1%	14.7%	12.6%	-62.8%
CNY	1.31 mg	9.9%	16.4%	22.1%	-49.9%

Digital Token Watch 2026-11-20

	Price in Gold	Change from Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	512.48 g	-6.2%	-18.1%	-22.2%	-48.2%
Ethereum (ETH)	14.11 g	-8.6%	-23.5%	-34.5%	-80.9%
Crypto Index (CCi30)	4,258.74 g	-5.8%	-18.9%	-28.5%	-79.5%

Bond Watch 2026-11-20

	Price in Gold	Change from Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	0.71 g	9.6%	16.4%	16.6%	-44.8%
US 20+ Year (TLT)	0.71 g	11.8%	17.4%	8.7%	-68.7%

Equity Watch 2026-11-20

	Price in Gold	Change from Week ago	Month ago	Year ago	5 Years ago
DJIA	419.51 g	0.2%	6.0%	20.6%	-29.5%
S&P 500	60.21 g	-0.4%	3.5%	21.1%	-23.3%
Nikkei 225	3.08 g	0.7%	1.0%	27.6%	-29.5%
Euro STOXX (FEZ)	0.535 g	-0.4%	8.1%	19.8%	-23.7%
HUI	4.94 g	-9.2%	-9.8%	10.2%	10.5%

Commodity Watch 2026-11-20

	Price in Gold	Change from Week ago	Month ago	Year ago	5 Years ago
Crude Oil	0.732 g/bbl	3.4%	-0.8%	63.1%	-42.3%
Platinum	11.56 g/oz	-4.1%	-6.2%	-1.6%	-33.2%
Palladium	7.86 g/oz	-3.0%	-5.6%	-26.4%	-77.4%
Silver	0.369 g/oz	-7.7%	-14.3%	-4.5%	-10.9%
Copper	47.7 mg/lb	-1.8%	-3.6%	26.5%	-35.2%
Coffee	23.9 mg/lb	7.5%	2.0%	-22.5%	-38.6%
Cotton	6.58 mg/lb	4.4%	7.8%	40.2%	-67.0%