

National Currency Watch 2025-03-07

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
USD	10.6 mg	-3.3%	-1.9%	-26.5%	-42.6%
CAD	7.4 mg	-3.0%	-2.6%	-31.2%	-46.4%
EUR	11.5 mg	0.9%	3.0%	-27.2%	-44.9%
JPY	0.072 mg	-1.4%	0.9%	-26.2%	-59.0%
CNY	1.47 mg	-0.8%	-1.4%	-25.7%	-45.0%

Digital Token Watch 2025-03-07

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	920.78 g	-0.6%	-11.9%	-4.8%	459.4%
Ethereum (ETH)	22.72 g	-7.4%	-20.0%	-59.3%	404.9%
Crypto Index (CCi30)	6,522.56 g	-3.6%	-13.2%	-32.0%	153.1%

Bond Watch 2025-03-07

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	0.87 g	-3.3%	-1.1%	-23.4%	-40.7%
US 20+ Year (TLT)	0.96 g	-5.7%	-1.0%	-28.8%	-66.6%

Equity Watch 2025-03-07

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
DJIA	454.18 g	-5.6%	-5.3%	-18.9%	-4.9%
S&P 500	61.23 g	-6.3%	-6.1%	-17.8%	11.5%
Nikkei 225	2.65 g	-2.1%	-4.1%	-31.3%	-27.1%
Euro STOXX (FEZ)	0.608 g	2.4%	7.0%	-19.5%	-7.7%
HUI	3.47 g	1.1%	-2.1%	4.8%	-21.9%

Commodity Watch 2025-03-07

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Crude Oil	0.711 g/bbl	-7.1%	-7.4%	-37.6%	-6.7%
Platinum	10.25 g/oz	-0.9%	-4.6%	-22.6%	-38.0%
Palladium	10.00 g/oz	-0.8%	-4.7%	-32.5%	-79.0%
Silver	0.345 g/oz	0.9%	-1.3%	-1.2%	6.8%
Copper	49.7 mg/lb	0.3%	0.2%	-12.2%	4.5%
Coffee	41.4 mg/lb	-0.5%	-5.4%	44.5%	108.7%
Cotton	7.01 mg/lb	0.0%	-1.3%	-51.1%	-39.6%