

National Currency Watch 2025-03-28

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
USD	10.1 mg	-1.9%	-7.7%	-27.9%	-47.3%
CAD	7.1 mg	-1.8%	-6.9%	-31.8%	-48.2%
EUR	11.0 mg	-1.8%	-3.9%	-27.7%	-48.4%
JPY	0.067 mg	-3.3%	-8.0%	-27.6%	-62.2%
CNY	1.39 mg	-1.8%	-6.5%	-28.1%	-49.1%

Digital Token Watch 2025-03-28

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	854.24 g	-1.5%	-7.8%	-14.0%	611.6%
Ethereum (ETH)	19.21 g	-5.3%	-21.7%	-61.6%	645.7%
Crypto Index (CCi30)	5,927.38 g	-2.1%	-12.4%	-39.8%	239.3%

Bond Watch 2025-03-28

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	0.84 g	-1.8%	-7.4%	-24.5%	-45.9%
US 20+ Year (TLT)	0.91 g	-2.5%	-10.0%	-29.1%	-69.6%

Equity Watch 2025-03-28

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
DJIA	421.08 g	-2.8%	-12.5%	-24.7%	1.2%
S&P 500	56.51 g	-3.4%	-13.5%	-23.4%	15.6%
Nikkei 225	2.49 g	-4.8%	-8.1%	-33.1%	-27.7%
Euro STOXX (FEZ)	0.557 g	-3.4%	-6.1%	-24.5%	-1.2%
HUI	3.64 g	0.1%	6.1%	4.8%	-2.6%

Commodity Watch 2025-03-28

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Crude Oil	0.702 g/bbl	-0.3%	-8.2%	-39.9%	69.8%
Platinum	9.99 g/oz	-0.8%	-3.4%	-21.6%	-30.0%
Palladium	9.91 g/oz	0.4%	-1.6%	-30.6%	-77.1%
Silver	0.348 g/oz	1.7%	1.9%	1.0%	26.5%
Copper	51.8 mg/lb	-1.4%	4.5%	-7.9%	22.5%
Coffee	38.5 mg/lb	-4.8%	-7.5%	45.0%	72.7%
Cotton	6.77 mg/lb	0.6%	-3.4%	-47.2%	-31.4%