

National Currency Watch 2025-05-16

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
USD	9.8 mg	4.4%	4.4%	-25.3%	-45.5%
CAD	7.0 mg	4.2%	4.4%	-27.1%	-45.0%
EUR	10.9 mg	3.9%	2.7%	-23.1%	-43.6%
JPY	0.067 mg	4.8%	2.7%	-20.3%	-59.8%
CNY	1.34 mg	4.9%	3.8%	-25.1%	-48.2%

Digital Token Watch 2025-05-16

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	1,011.94 g	5.1%	28.5%	18.5%	502.1%
Ethereum (ETH)	24.86 g	13.5%	68.4%	-35.4%	609.1%
Crypto Index (CCi30)	6,674.87 g	5.3%	32.8%	-13.2%	197.2%

Bond Watch 2025-05-16

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	0.81 g	4.3%	4.0%	-21.9%	-43.9%
US 20+ Year (TLT)	0.84 g	3.5%	2.0%	-27.7%	-69.6%

Equity Watch 2025-05-16

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
DJIA	416.82 g	8.0%	12.3%	-20.1%	-1.8%
S&P 500	58.22 g	10.0%	17.9%	-16.0%	13.4%
Nikkei 225	2.53 g	5.5%	14.3%	-22.7%	-24.3%
Euro STOXX (FEZ)	0.575 g	6.3%	15.2%	-17.7%	8.7%
HUI	3.58 g	-4.5%	-6.0%	-1.3%	-32.8%

Commodity Watch 2025-05-16

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Crude Oil	0.611 g/bbl	7.0%	4.4%	-41.1%	15.4%
Platinum	9.64 g/oz	4.3%	6.7%	-30.7%	-30.0%
Palladium	9.42 g/oz	2.8%	3.9%	-28.8%	-71.4%
Silver	0.314 g/oz	3.2%	1.8%	-19.1%	7.8%
Copper	44.5 mg/lb	3.2%	1.8%	-30.4%	6.6%
Coffee	36.8 mg/lb	-1.0%	4.5%	40.8%	92.0%
Cotton	6.34 mg/lb	1.8%	3.0%	-36.4%	-39.3%