

National Currency Watch 2025-05-23

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
USD	9.3 mg	-4.8%	-2.4%	-29.5%	-48.1%
CAD	6.7 mg	-4.1%	-2.5%	-30.2%	-47.5%
EUR	10.5 mg	-3.7%	-2.6%	-26.2%	-46.1%
JPY	0.065 mg	-3.6%	-3.2%	-23.0%	-61.3%
CNY	1.29 mg	-3.1%	3.1%	-27.9%	-49.4%

Digital Token Watch 2025-05-23

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	997.65 g	-1.4%	11.8%	11.3%	503.8%
Ethereum (ETH)	23.45 g	-5.7%	37.1%	-52.8%	530.8%
Crypto Index (CCi30)	6,846.24 g	2.6%	19.8%	-17.7%	201.2%

Bond Watch 2025-05-23

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	0.77 g	-4.7%	-2.6%	-26.0%	-46.6%
US 20+ Year (TLT)	0.79 g	-6.7%	-5.5%	-32.5%	-71.4%

Equity Watch 2025-05-23

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
DJIA	387.12 g	-7.1%	2.5%	-24.9%	-11.8%
S&P 500	54.00 g	-7.3%	5.4%	-22.3%	1.8%
Nikkei 225	2.40 g	-5.1%	3.2%	-26.8%	-29.4%
Euro STOXX (FEZ)	0.547 g	-4.8%	3.9%	-21.3%	-2.2%
HUI	3.70 g	3.5%	-0.3%	3.0%	-27.7%

Commodity Watch 2025-05-23

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Crude Oil	0.573 g/bbl	-6.2%	-3.5%	-43.6%	-4.0%
Platinum	10.09 g/oz	4.7%	9.1%	-26.4%	-32.7%
Palladium	9.23 g/oz	-2.0%	2.9%	-29.2%	-73.1%
Silver	0.308 g/oz	-1.9%	-2.0%	-23.6%	1.0%
Copper	44.7 mg/lb	0.5%	-3.0%	-29.6%	4.5%
Coffee	33.6 mg/lb	-8.6%	-10.2%	18.1%	80.7%
Cotton	6.15 mg/lb	-3.0%	-6.1%	-42.9%	-40.5%