

National Currency Watch 2025-05-30

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
USD	9.5 mg	2.0%	0.7%	-28.3%	-47.3%
CAD	6.9 mg	2.4%	0.9%	-29.1%	-47.2%
EUR	10.7 mg	2.0%	0.4%	-25.2%	-46.3%
JPY	0.066 mg	1.9%	-0.5%	-22.0%	-60.5%
CNY	1.30 mg	0.7%	1.7%	-28.2%	-48.9%

Digital Token Watch 2025-05-30

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	987.05 g	-1.1%	11.2%	9.0%	465.5%
Ethereum (ETH)	23.96 g	2.2%	41.8%	-51.7%	503.4%
Crypto Index (CCi30)	6,236.05 g	-3.4%	10.4%	-24.7%	151.4%

Bond Watch 2025-05-30

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	0.78 g	2.2%	0.2%	-24.7%	-45.6%
US 20+ Year (TLT)	0.82 g	4.1%	-2.8%	-29.0%	-70.0%

Equity Watch 2025-05-30

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
DJIA	401.14 g	3.6%	4.7%	-20.5%	-12.2%
S&P 500	56.10 g	3.9%	6.9%	-19.1%	2.4%
Nikkei 225	2.50 g	4.1%	4.8%	-22.2%	-31.5%
Euro STOXX (FEZ)	0.562 g	2.7%	6.0%	-19.5%	-6.4%
HUI	3.78 g	2.1%	2.2%	1.5%	-23.2%

Commodity Watch 2025-05-30

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Crude Oil	0.577 g/bbl	0.8%	5.2%	-44.1%	-9.7%
Platinum	10.16 g/oz	0.8%	11.0%	-25.6%	-31.5%
Palladium	9.15 g/oz	-0.9%	4.1%	-27.1%	-73.5%
Silver	0.314 g/oz	1.9%	3.4%	-24.8%	-0.8%
Copper	44.2 mg/lb	-1.3%	2.8%	-28.6%	1.2%
Coffee	32.5 mg/lb	-3.3%	-16.6%	5.3%	87.6%
Cotton	6.17 mg/lb	0.4%	-0.3%	-40.0%	-40.4%