

National Currency Watch 2025-06-06

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
USD	9.3 mg	-1.9%	1.5%	-29.3%	-49.6%
CAD	6.8 mg	-0.9%	2.7%	-29.2%	-50.5%
EUR	10.6 mg	-1.3%	1.9%	-26.0%	-49.2%
JPY	0.065 mg	-1.7%	1.6%	-23.3%	-61.5%
CNY	1.28 mg	-1.6%	1.6%	-28.4%	-50.1%

Digital Token Watch 2025-06-06

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	972.34 g	-1.5%	9.5%	4.3%	445.1%
Ethereum (ETH)	23.11 g	-3.5%	38.7%	-54.0%	418.5%
Crypto Index (CCi30)	6,043.84 g	-3.1%	10.1%	-29.0%	133.5%

Bond Watch 2025-06-06

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	0.77 g	-2.1%	1.4%	-26.1%	-48.2%
US 20+ Year (TLT)	0.79 g	-2.9%	-1.0%	-33.1%	-70.2%

Equity Watch 2025-06-06

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
DJIA	398.24 g	-0.7%	6.4%	-22.3%	-20.5%
S&P 500	55.88 g	-0.4%	8.7%	-20.8%	-5.3%
Nikkei 225	2.45 g	-2.3%	4.1%	-25.2%	-36.4%
Euro STOXX (FEZ)	0.560 g	-0.3%	6.3%	-21.0%	-18.5%
HUI	3.90 g	3.3%	5.2%	5.2%	-19.1%

Commodity Watch 2025-06-06

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Crude Oil	0.601 g/bbl	4.3%	11.0%	-39.6%	-17.7%
Platinum	10.45 g/oz	2.8%	15.9%	-20.1%	-31.3%
Palladium	9.59 g/oz	4.9%	8.8%	-21.6%	-73.0%
Silver	0.337 g/oz	7.3%	11.3%	-15.6%	3.7%
Copper	45.0 mg/lb	1.9%	3.6%	-27.2%	-4.8%
Coffee	33.3 mg/lb	2.6%	-9.4%	8.1%	82.5%
Cotton	6.11 mg/lb	-1.0%	-1.8%	-38.5%	-46.5%