

National Currency Watch 2025-06-20

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
USD	9.2 mg	2.0%	-3.2%	-30.2%	-48.5%
CAD	6.7 mg	1.3%	-1.3%	-30.2%	-49.0%
EUR	10.6 mg	1.9%	-0.9%	-24.9%	-47.0%
JPY	0.064 mg	0.6%	-3.3%	-23.6%	-62.1%
CNY	1.29 mg	2.2%	-3.1%	-28.8%	-49.7%

Digital Token Watch 2025-06-20

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	953.81 g	-0.7%	-6.3%	11.2%	470.0%
Ethereum (ETH)	22.21 g	-4.8%	-7.7%	-52.2%	445.5%
Crypto Index (CCI30)	5,946.31 g	-0.5%	-9.4%	-18.8%	152.5%

Bond Watch 2025-06-20

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	0.76 g	2.2%	-2.7%	-26.9%	-46.7%
US 20+ Year (TLT)	0.80 g	2.2%	-2.0%	-33.6%	-70.3%

Equity Watch 2025-06-20

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
DJIA	389.75 g	2.0%	-4.2%	-24.7%	-16.0%
S&P 500	55.11 g	1.8%	-2.7%	-23.9%	-0.8%
Nikkei 225	2.44 g	2.1%	-1.1%	-24.1%	-35.2%
Euro STOXX (FEZ)	0.540 g	0.8%	-5.2%	-19.0%	-15.1%
HUI	3.89 g	-0.5%	5.7%	8.6%	-18.6%

Commodity Watch 2025-06-20

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Crude Oil	0.692 g/bbl	4.7%	17.0%	-36.3%	-2.9%
Platinum	11.67 g/oz	3.8%	19.4%	-9.4%	-20.6%
Palladium	9.65 g/oz	1.0%	1.6%	-19.6%	-71.5%
Silver	0.334 g/oz	2.1%	7.6%	-16.6%	6.2%
Copper	44.6 mg/lb	2.5%	1.2%	-27.0%	-4.8%
Coffee	29.5 mg/lb	-6.9%	-16.3%	-3.3%	75.3%
Cotton	5.91 mg/lb	-0.1%	-6.2%	-36.9%	-46.4%