

National Currency Watch 2025-07-11

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
USD	9.3 mg	-0.6%	-0.7%	-28.1%	-46.2%
CAD	6.8 mg	-1.2%	-0.6%	-28.3%	-46.5%
EUR	10.8 mg	-1.4%	1.2%	-22.7%	-44.4%
JPY	0.063 mg	-1.7%	-1.7%	-22.1%	-60.7%
CNY	1.30 mg	0.8%	0.7%	-27.1%	-48.0%

Digital Token Watch 2025-07-11

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	1,090.92 g	8.2%	7.5%	47.2%	584.4%
Ethereum (ETH)	27.45 g	17.2%	5.9%	-31.4%	560.5%
Crypto Index (CCI30)	6,677.44 g	12.6%	3.0%	2.6%	170.5%

Bond Watch 2025-07-11

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	0.77 g	-0.6%	-0.6%	-25.2%	-44.3%
US 20+ Year (TLT)	0.80 g	-2.0%	-1.1%	-32.1%	-70.0%

Equity Watch 2025-07-11

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
DJIA	411.71 g	-1.6%	2.8%	-19.8%	-8.5%
S&P 500	58.08 g	-0.9%	3.2%	-19.4%	5.7%
Nikkei 225	2.55 g	-0.6%	3.0%	-25.7%	-29.1%
Euro STOXX (FEZ)	0.557 g	-0.3%	-0.7%	-16.1%	-11.5%
HUI	3.99 g	0.2%	2.2%	3.2%	-25.7%

Commodity Watch 2025-07-11

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Crude Oil	0.635 g/bbl	1.5%	0.3%	-40.5%	-9.2%
Platinum	12.70 g/oz	-1.7%	7.2%	-2.3%	-11.8%
Palladium	10.91 g/oz	3.4%	9.0%	-15.5%	-67.5%
Silver	0.348 g/oz	1.1%	2.9%	-13.1%	7.5%
Copper	51.6 mg/lb	8.5%	15.1%	-11.3%	3.3%
Coffee	26.8 mg/lb	-2.0%	-18.2%	-15.9%	59.4%
Cotton	6.14 mg/lb	0.2%	0.4%	-31.1%	-44.6%