

National Currency Watch

2025-07-18

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
USD	9.3 mg	-0.1%	1.1%	-26.6%	-46.1%
CAD	6.7 mg	-0.7%	0.7%	-26.8%	-46.7%
EUR	10.8 mg	-0.3%	2.7%	-21.5%	-45.0%
JPY	0.062 mg	-1.7%	-1.2%	-22.4%	-61.2%
CNY	1.29 mg	-0.4%	1.3%	-25.4%	-48.6%

Digital Token Watch

2025-07-18

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	1,093.82 g	0.3%	13.9%	35.5%	593.9%
Ethereum (ETH)	32.89 g	19.8%	42.2%	-24.0%	720.9%
Crypto Index (CCi30)	7,325.01 g	9.3%	23.8%	3.9%	197.2%

Bond Watch

2025-07-18

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	0.77 g	0.1%	1.3%	-23.5%	-44.1%
US 20+ Year (TLT)	0.79 g	-0.6%	-0.4%	-30.9%	-70.2%

Equity Watch

2025-07-18

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
DJIA	411.56 g	0.0%	6.4%	-19.8%	-10.3%
S&P 500	58.44 g	0.6%	6.5%	-16.5%	5.3%
Nikkei 225	2.57 g	0.6%	4.7%	-20.3%	-29.5%
Euro STOXX (FEZ)	0.550 g	-1.4%	2.1%	-13.8%	-15.2%
HUI	3.91 g	-2.1%	0.1%	3.2%	-28.5%

Commodity Watch

2025-07-18

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Crude Oil	0.625 g/bbl	-1.6%	-9.3%	-40.2%	-10.5%
Platinum	13.68 g/oz	7.7%	14.4%	8.8%	-3.5%
Palladium	12.04 g/oz	10.3%	24.2%	0.4%	-65.4%
Silver	0.355 g/oz	2.1%	4.2%	-7.7%	7.7%
Copper	51.8 mg/lb	0.3%	16.5%	-3.9%	3.6%
Coffee	28.7 mg/lb	7.1%	-3.8%	-5.7%	62.9%
Cotton	6.23 mg/lb	1.4%	4.8%	-30.9%	-41.6%