

National Currency Watch 2025-08-08

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
USD	9.2 mg	-1.4%	-2.3%	-29.0%	-40.2%
CAD	6.7 mg	-0.5%	-2.8%	-28.9%	-41.7%
EUR	10.7 mg	-0.7%	-2.8%	-24.1%	-40.8%
JPY	0.062 mg	0.7%	-3.5%	-29.2%	-57.1%
CNY	1.28 mg	-2.1%	-1.4%	-29.3%	-43.0%

Digital Token Watch 2025-08-08

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	1,069.31 g	1.6%	4.6%	34.0%	494.1%
Ethereum (ETH)	36.77 g	13.6%	49.8%	6.2%	532.8%
Crypto Index (CCi30)	7,283.55 g	6.5%	19.4%	13.3%	154.6%

Bond Watch 2025-08-08

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	0.76 g	-1.4%	-2.1%	-26.8%	-37.2%
US 20+ Year (TLT)	0.80 g	-2.0%	-0.9%	-33.2%	-66.5%

Equity Watch 2025-08-08

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
DJIA	404.82 g	-0.1%	-2.5%	-20.4%	-3.6%
S&P 500	58.55 g	1.0%	0.2%	-14.7%	14.1%
Nikkei 225	2.59 g	3.2%	1.7%	-15.0%	-19.6%
Euro STOXX (FEZ)	0.546 g	2.7%	-3.5%	-13.2%	-5.1%
HUI	4.33 g	8.6%	12.2%	18.3%	-19.3%

Commodity Watch 2025-08-08

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Crude Oil	0.585 g/bbl	-6.4%	-8.7%	-40.4%	-7.3%
Platinum	12.17 g/oz	0.6%	-5.5%	2.3%	-12.3%
Palladium	10.45 g/oz	-8.4%	-0.1%	-10.8%	-67.9%
Silver	0.351 g/oz	3.5%	1.7%	1.0%	-19.1%
Copper	40.8 mg/lb	-0.4%	-22.9%	-19.8%	-4.5%
Coffee	28.3 mg/lb	7.3%	5.1%	-10.4%	60.3%
Cotton	5.99 mg/lb	0.0%	-1.4%	-29.5%	-37.3%