

National Currency Watch

2025-08-22

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
USD	9.3 mg	0.0%	2.3%	-25.5%	-42.3%
CAD	6.7 mg	-0.6%	0.6%	-27.1%	-45.2%
EUR	10.9 mg	-0.3%	1.9%	-21.8%	-42.9%
JPY	0.063 mg	-0.4%	1.6%	-26.6%	-58.8%
CNY	1.30 mg	0.1%	1.2%	-25.7%	-46.1%

Digital Token Watch

2025-08-22

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	1,089.89 g	-0.4%	-0.4%	44.1%	477.2%
Ethereum (ETH)	45.05 g	9.0%	31.8%	37.1%	616.3%
Crypto Index (CCI30)	8,072.80 g	5.5%	6.2%	28.6%	159.1%

Bond Watch

2025-08-22

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	0.77 g	0.3%	2.5%	-23.1%	-39.6%
US 20+ Year (TLT)	0.81 g	0.8%	2.9%	-31.9%	-67.2%

Equity Watch

2025-08-22

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
DJIA	425.67 g	1.6%	4.9%	-16.5%	-5.7%
S&P 500	60.33 g	0.3%	4.8%	-13.5%	9.9%
Nikkei 225	2.68 g	-2.1%	8.9%	-18.1%	-23.3%
Euro STOXX (FEZ)	0.572 g	0.7%	5.6%	-11.6%	-5.8%
HUI	4.57 g	2.9%	11.1%	15.5%	-16.1%

Commodity Watch

2025-08-22

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Crude Oil	0.594 g/bbl	1.4%	-0.3%	-35.1%	-13.2%
Platinum	12.49 g/oz	0.3%	-5.4%	4.0%	-14.1%
Palladium	10.49 g/oz	-0.1%	-9.6%	-11.8%	-70.4%
Silver	0.355 g/oz	0.8%	0.1%	-4.3%	-18.3%
Copper	41.5 mg/lb	-0.6%	-20.2%	-20.0%	-12.0%
Coffee	36.4 mg/lb	14.4%	34.8%	17.9%	87.7%
Cotton	6.20 mg/lb	0.5%	2.0%	-28.9%	-40.4%