

National Currency Watch 2025-09-19

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
USD	8.5 mg	-0.3%	-9.0%	-29.7%	-46.7%
CAD	6.2 mg	0.0%	-8.9%	-30.9%	-49.1%
EUR	10.0 mg	0.0%	-8.3%	-25.9%	-47.2%
JPY	0.057 mg	-0.8%	-9.0%	-32.0%	-62.4%
CNY	1.21 mg	0.5%	-6.5%	-29.6%	-49.8%

Digital Token Watch 2025-09-19

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	982.02 g	-0.8%	-6.7%	29.1%	455.2%
Ethereum (ETH)	37.96 g	-5.4%	-0.1%	27.5%	519.4%
Crypto Index (CCI30)	7,255.48 g	-1.6%	-0.4%	21.3%	162.5%

Bond Watch 2025-09-19

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	0.70 g	-0.3%	-8.7%	-28.0%	-44.1%
US 20+ Year (TLT)	0.76 g	-1.4%	-6.5%	-35.5%	-68.5%

Equity Watch 2025-09-19

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
DJIA	393.26 g	0.7%	-6.2%	-22.5%	-10.8%
S&P 500	56.59 g	0.9%	-5.4%	-18.0%	6.9%
Nikkei 225	2.59 g	-0.2%	-5.9%	-17.6%	-27.6%
Euro STOXX (FEZ)	0.520 g	1.1%	-8.2%	-18.3%	-14.0%
HUI	4.90 g	2.9%	13.8%	25.7%	-10.3%

Commodity Watch 2025-09-19

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Crude Oil	0.540 g/bbl	1.1%	-7.2%	-37.0%	-17.6%
Platinum	11.83 g/oz	-0.8%	-5.9%	-0.8%	-21.0%
Palladium	9.77 g/oz	-5.8%	-7.0%	-25.7%	-73.6%
Silver	0.359 g/oz	-0.4%	1.0%	-4.7%	-16.9%
Copper	38.6 mg/lb	-1.4%	-6.2%	-25.5%	-22.4%
Coffee	31.1 mg/lb	-11.0%	-6.3%	-1.5%	72.0%
Cotton	5.51 mg/lb	-0.7%	-10.8%	-34.5%	-47.3%