

National Currency Watch 2025-11-28

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
USD	7.5 mg	-2.3%	-5.3%	-36.6%	-57.3%
CAD	5.3 mg	-1.9%	-5.5%	-36.7%	-60.5%
EUR	8.6 mg	-1.9%	-6.1%	-30.6%	-58.7%
JPY	0.048 mg	-1.6%	-7.5%	-38.6%	-71.6%
CNY	1.05 mg	-2.2%	-4.3%	-35.8%	-60.0%

Digital Token Watch 2025-11-28

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	678.41 g	4.4%	-23.8%	-39.8%	119.0%
Ethereum (ETH)	22.62 g	7.2%	-27.9%	-46.3%	150.1%
Crypto Index (CCi30)	4,343.36 g	5.0%	-25.4%	-56.3%	4.9%

Bond Watch 2025-11-28

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	0.62 g	-2.3%	-5.3%	-34.6%	-55.5%
US 20+ Year (TLT)	0.67 g	-1.6%	-7.2%	-37.4%	-74.1%

Equity Watch 2025-11-28

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
DJIA	355.92 g	0.8%	-5.3%	-32.4%	-31.9%
S&P 500	51.09 g	1.3%	-5.9%	-27.7%	-19.7%
Nikkei 225	2.44 g	3.3%	-5.9%	-18.2%	-45.5%
Euro STOXX (FEZ)	0.471 g	0.9%	-5.9%	-16.2%	-34.3%
HUI	5.05 g	11.4%	12.0%	43.0%	2.8%

Commodity Watch 2025-11-28

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Crude Oil	0.437 g/bbl	-1.5%	-7.8%	-46.0%	-45.1%
Platinum	12.29 g/oz	5.7%	-2.0%	11.6%	-25.9%
Palladium	10.69 g/oz	0.8%	-2.6%	-8.0%	-74.1%
Silver	0.401 g/oz	7.4%	9.6%	13.3%	-0.8%
Copper	38.7 mg/lb	1.1%	-4.5%	-19.2%	-35.3%
Coffee	30.8 mg/lb	0.8%	0.8%	-19.8%	41.9%
Cotton	4.69 mg/lb	0.2%	-8.4%	-45.8%	-63.3%