

National Currency Watch 2025-12-05

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
USD	7.4 mg	-1.3%	-6.1%	-37.5%	-56.4%
CAD	5.3 mg	-0.8%	-5.1%	-37.1%	-60.0%
EUR	8.6 mg	-0.6%	-4.6%	-31.1%	-58.2%
JPY	0.047 mg	-0.6%	-7.0%	-39.5%	-70.7%
CNY	1.05 mg	-0.6%	-4.9%	-35.4%	-59.9%

Digital Token Watch 2025-12-05

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	657.54 g	-3.1%	-19.2%	-42.6%	103.4%
Ethereum (ETH)	22.25 g	-1.6%	-17.2%	-50.2%	131.6%
Crypto Index (CCI30)	4,135.47 g	-4.8%	-18.5%	-63.0%	-0.1%

Bond Watch 2025-12-05

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	0.61 g	-2.4%	-6.6%	-36.4%	-54.9%
US 20+ Year (TLT)	0.64 g	-4.2%	-7.6%	-41.1%	-73.3%

Equity Watch 2025-12-05

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
DJIA	350.59 g	-1.5%	-5.5%	-33.5%	-31.3%
S&P 500	50.23 g	-1.7%	-5.7%	-29.8%	-19.5%
Nikkei 225	2.45 g	0.5%	-4.4%	-20.7%	-43.5%
Euro STOXX (FEZ)	0.467 g	-0.8%	-4.6%	-20.5%	-33.7%
HUI	4.85 g	-4.0%	9.3%	36.7%	-1.7%

Commodity Watch 2025-12-05

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Crude Oil	0.439 g/bbl	0.6%	-7.5%	-45.4%	-43.7%
Platinum	12.15 g/oz	-1.1%	-0.4%	9.5%	-32.1%
Palladium	10.71 g/oz	0.2%	-3.5%	-6.7%	-73.0%
Silver	0.425 g/oz	6.1%	14.0%	15.2%	4.0%
Copper	39.3 mg/lb	1.7%	1.1%	-19.2%	-33.9%
Coffee	29.7 mg/lb	-3.6%	-6.5%	-20.2%	49.7%
Cotton	4.54 mg/lb	-3.2%	-11.1%	-46.7%	-62.4%