

National Currency Watch 2026-01-09

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
USD	6.9 mg	-3.5%	-6.4%	-40.5%	-58.5%
CAD	5.0 mg	-4.5%	-6.5%	-38.2%	-62.1%
EUR	8.1 mg	-4.3%	-6.3%	-32.6%	-60.6%
JPY	0.044 mg	-3.6%	-7.0%	-40.0%	-72.6%
CNY	1.00 mg	-2.9%	-5.4%	-37.3%	-60.5%

Digital Token Watch 2026-01-09

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	626.42 g	-2.9%	-8.7%	-41.7%	-6.8%
Ethereum (ETH)	21.34 g	-4.7%	-13.2%	-43.0%	4.4%
Crypto Index (CCi30)	3,879.31 g	-2.9%	-10.6%	-57.6%	-42.2%

Bond Watch 2026-01-09

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	0.57 g	-3.5%	-6.3%	-39.0%	-56.7%
US 20+ Year (TLT)	0.61 g	-2.5%	-6.5%	-38.4%	-73.8%

Equity Watch 2026-01-09

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
DJIA	342.63 g	-1.3%	-2.6%	-30.9%	-34.0%
S&P 500	48.22 g	-2.0%	-4.7%	-29.9%	-24.5%
Nikkei 225	2.29 g	-0.5%	-4.7%	-21.3%	-49.4%
Euro STOXX (FEZ)	0.460 g	-2.0%	-2.3%	-19.5%	-36.3%
HUI	5.28 g	5.0%	6.3%	55.1%	4.6%

Commodity Watch 2026-01-09

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Crude Oil	0.409 g/bbl	-0.5%	-5.0%	-52.4%	-53.1%
Platinum	16.43 g/oz	7.2%	34.6%	48.1%	-11.5%
Palladium	12.91 g/oz	8.9%	18.6%	20.5%	-68.2%
Silver	0.541 g/oz	1.3%	24.8%	53.6%	21.6%
Copper	40.5 mg/lb	0.2%	4.6%	-18.6%	-33.9%
Coffee	24.8 mg/lb	-3.4%	-15.1%	-33.2%	19.9%
Cotton	4.46 mg/lb	-2.9%	-5.6%	-44.0%	-66.5%