

National Currency Watch 2026-01-23

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
USD	6.3 mg	-6.8%	-10.0%	-44.5%	-62.5%
CAD	4.6 mg	-6.1%	-10.3%	-42.3%	-65.4%
EUR	7.4 mg	-5.6%	-9.6%	-37.5%	-63.8%
JPY	0.040 mg	-6.7%	-11.0%	-45.4%	-75.5%
CNY	.90 mg	-7.2%	-9.1%	-42.0%	-65.0%

Digital Token Watch 2026-01-23

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	562.25 g	-12.7%	-8.0%	-52.3%	4.4%
Ethereum (ETH)	18.56 g	-16.5%	-10.5%	-50.9%	-10.6%
Crypto Index (CCI30)	3,368.89 g	-13.9%	-9.5%	-65.8%	-45.9%

Bond Watch 2026-01-23

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	0.52 g	-6.7%	-9.9%	-43.2%	-60.9%
US 20+ Year (TLT)	0.55 g	-6.6%	-9.6%	-43.1%	-76.5%

Equity Watch 2026-01-23

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
DJIA	308.75 g	-7.3%	-8.8%	-38.9%	-40.7%
S&P 500	43.49 g	-7.1%	-10.0%	-37.3%	-32.6%
Nikkei 225	2.14 g	-6.9%	-4.9%	-26.5%	-53.9%
Euro STOXX (FEZ)	0.419 g	-6.6%	-6.8%	-28.9%	-41.1%
HUI	5.56 g	2.8%	7.1%	62.6%	14.7%

Commodity Watch 2026-01-23

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Crude Oil	0.384 g/bbl	-4.2%	-5.9%	-54.6%	-56.2%
Platinum	17.16 g/oz	8.5%	12.3%	59.0%	-6.5%
Palladium	12.62 g/oz	6.6%	-0.2%	11.5%	-68.1%
Silver	0.623 g/oz	1.6%	27.7%	80.2%	46.5%
Copper	37.2 mg/lb	-4.8%	-2.9%	-23.7%	-38.9%
Coffee	22.1 mg/lb	-7.9%	-9.0%	-43.4%	6.0%
Cotton	4.01 mg/lb	-8.0%	-10.3%	-47.5%	-70.7%