

National Currency Watch 2026-01-30

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
USD	6.2 mg	-0.7%	-12.3%	-44.1%	-62.6%
CAD	4.6 mg	1.1%	-11.4%	-40.4%	-64.7%
EUR	7.5 mg	1.2%	-10.5%	-35.7%	-63.1%
JPY	0.041 mg	2.8%	-10.7%	-43.6%	-74.4%
CNY	.85 mg	-5.5%	-16.5%	-45.1%	-67.3%

Digital Token Watch 2026-01-30

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	525.33 g	-6.6%	-16.6%	-55.1%	-8.1%
Ethereum (ETH)	16.87 g	-9.1%	-20.2%	-53.5%	-26.9%
Crypto Index (CCI30)	3,136.71 g	-6.9%	-17.4%	-67.1%	-53.4%

Bond Watch 2026-01-30

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	0.52 g	-0.5%	-12.2%	-42.7%	-60.9%
US 20+ Year (TLT)	0.54 g	-1.6%	-13.1%	-44.1%	-76.7%

Equity Watch 2026-01-30

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
DJIA	305.25 g	-1.1%	-11.4%	-39.1%	-39.0%
S&P 500	43.32 g	-0.4%	-11.8%	-36.1%	-30.1%
Nikkei 225	2.17 g	1.8%	-5.4%	-23.9%	-50.7%
Euro STOXX (FEZ)	0.417 g	-0.6%	-9.5%	-28.9%	-38.7%
HUI	4.88 g	-12.3%	-3.7%	38.1%	3.1%

Commodity Watch 2026-01-30

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Crude Oil	0.407 g/bbl	6.0%	-1.3%	-49.8%	-53.3%
Platinum	14.37 g/oz	-16.3%	-6.9%	33.4%	-22.4%
Palladium	11.44 g/oz	-9.3%	-0.6%	4.1%	-70.5%
Silver	0.644 g/oz	3.5%	20.9%	86.3%	40.8%
Copper	36.8 mg/lb	-0.9%	-9.7%	-23.1%	-38.0%
Coffee	20.7 mg/lb	-6.0%	-16.8%	-50.2%	1.1%
Cotton	3.94 mg/lb	-1.7%	-13.9%	-46.7%	-70.7%