

National Currency Watch 2026-05-01

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
USD	6.7 mg	1.6%	2.2%	-30.7%	-61.9%
CAD	4.9 mg	2.5%	4.6%	-29.6%	-65.5%
EUR	7.9 mg	2.0%	3.6%	-28.1%	-62.9%
JPY	0.043 mg	3.4%	3.2%	-36.8%	-73.5%
CNY	.99 mg	2.2%	3.3%	-22.7%	-63.4%

Digital Token Watch 2026-05-01

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Bitcoin (BTC)	524.36 g	2.6%	17.3%	-43.8%	-48.5%	
Ethereum (ETH)	15.39 g	0.7%	9.6%	-13.5%	-68.5%	
Crypto Index (CCi30)	2,914.67 g	1.5%	10.3%	-50.6%	-85.1%	

Bond Watch 2026-05-01

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	0.55 g	1.2%	2.1%	-30.6%	-60.7%
US 20+ Year (TLT)	0.57 g	0.3%	1.4%	-32.8%	-74.5%

Equity Watch 2026-05-01

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
DJIA	332.03 g	2.2%	8.6%	-15.8%	-44.3%
S&P 500	48.50 g	2.5%	12.4%	-10.6%	-34.1%
Nikkei 225	2.54 g	3.1%	14.3%	3.1%	-45.2%
Euro STOXX (FEZ)	0.443 g	1.6%	7.0%	-18.7%	-45.9%
HUI	4.97 g	-6.1%	-6.8%	35.6%	2.7%

Commodity Watch 2026-05-01

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Crude Oil	0.705 g/bbl	13.1%	7.3%	23.0%	-37.0%
Platinum	13.49 g/oz	1.1%	4.5%	44.4%	-37.0%
Palladium	10.39 g/oz	4.6%	7.0%	13.3%	-80.2%
Silver	0.491 g/oz	-0.7%	-0.2%	57.8%	7.8%
Copper	39.8 mg/lb	0.0%	7.7%	-10.3%	-49.3%
Coffee	20.3 mg/lb	-0.9%	3.6%	-47.1%	-18.6%
Cotton	5.49 mg/lb	8.0%	18.2%	-13.5%	-64.6%