

National Currency Watch 2026-05-22

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
USD	6.9 mg	0.5%	5.2%	-27.1%	-58.4%
CAD	5.0 mg	0.1%	4.3%	-26.7%	-63.6%
EUR	8.0 mg	0.0%	4.0%	-25.1%	-60.4%
JPY	0.043 mg	0.0%	5.4%	-34.2%	-71.5%
CNY	1.01 mg	1.5%	5.5%	-21.5%	-60.8%

Digital Token Watch 2026-05-22

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	521.01 g	-4.1%	1.6%	-50.7%	-16.3%
Ethereum (ETH)	14.25 g	-6.7%	-8.6%	-43.4%	-64.6%
Crypto Index (CCi30)	2,993.99 g	-3.8%	4.4%	-56.7%	-74.9%

Bond Watch 2026-05-22

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	0.56 g	0.1%	4.2%	-27.5%	-57.1%
US 20+ Year (TLT)	0.58 g	1.2%	2.2%	-27.2%	-72.2%

Equity Watch 2026-05-22

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
DJIA	347.44 g	2.1%	7.0%	-12.4%	-38.7%
S&P 500	51.34 g	0.9%	9.7%	-7.2%	-25.5%
Nikkei 225	2.65 g	3.1%	8.0%	8.7%	-38.5%
Euro STOXX (FEZ)	0.462 g	3.4%	6.7%	-18.0%	-42.1%
HUI	5.00 g	-2.6%	-4.9%	35.7%	-5.9%

Commodity Watch 2026-05-22

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Crude Oil	0.662 g/bbl	-8.6%	8.5%	14.2%	-37.2%
Platinum	13.14 g/oz	-4.0%	-4.2%	28.0%	-33.8%
Palladium	9.27 g/oz	-5.5%	-10.0%	-4.3%	-80.3%
Silver	0.521 g/oz	-3.7%	1.7%	68.1%	13.0%
Copper	43.6 mg/lb	1.4%	8.5%	-1.1%	-41.4%
Coffee	18.7 mg/lb	-4.3%	-5.7%	-45.2%	-24.8%
Cotton	5.32 mg/lb	-4.0%	6.2%	-14.4%	-61.3%