

National Currency Watch 2026-06-05

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
USD	7.1 mg	4.1%	4.8%	-22.7%	-56.7%
CAD	5.1 mg	3.2%	2.7%	-24.0%	-62.3%
EUR	8.3 mg	3.8%	4.1%	-21.8%	-58.7%
JPY	0.045 mg	3.7%	3.0%	-31.0%	-70.4%
CNY	1.03 mg	1.3%	4.1%	-19.5%	-61.0%

Digital Token Watch 2026-06-05

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	434.09 g	-13.5%	-21.1%	-53.7%	-25.8%
Ethereum (ETH)	11.26 g	-18.2%	-29.8%	-49.5%	-74.5%
Crypto Index (CCi30)	2,539.49 g	-13.6%	-18.0%	-56.4%	-79.9%

Bond Watch 2026-06-05

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	0.58 g	3.6%	4.4%	-23.2%	-55.3%
US 20+ Year (TLT)	0.61 g	3.3%	4.4%	-23.9%	-71.4%

Equity Watch 2026-06-05

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
DJIA	362.45 g	3.8%	8.2%	-7.1%	-36.6%
S&P 500	52.61 g	1.4%	6.6%	-3.9%	-24.4%
Nikkei 225	2.97 g	4.1%	15.3%	22.3%	-31.8%
Euro STOXX (FEZ)	0.477 g	2.6%	6.7%	-13.7%	-40.7%
HUI	5.10 g	-2.5%	2.7%	28.1%	-1.1%

Commodity Watch 2026-06-05

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Crude Oil	0.645 g/bbl	7.9%	-7.2%	10.5%	-43.7%
Platinum	13.07 g/oz	-0.1%	-3.1%	25.0%	-31.5%
Palladium	9.20 g/oz	-1.7%	-10.9%	-1.5%	-80.3%
Silver	0.518 g/oz	-0.2%	3.7%	56.9%	15.0%
Copper	44.6 mg/lb	2.6%	10.5%	-1.5%	-40.1%
Coffee	17.6 mg/lb	-3.3%	-15.5%	-47.0%	-34.0%
Cotton	5.25 mg/lb	0.9%	-6.2%	-12.8%	-62.8%