

National Currency Watch 2026-06-19

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
USD	7.5 mg	0.8%	8.3%	-18.8%	-57.3%
CAD	5.3 mg	-0.4%	5.3%	-21.4%	-62.4%
EUR	8.6 mg	-0.1%	6.6%	-18.9%	-58.7%
JPY	0.046 mg	0.1%	6.7%	-27.1%	-70.8%
CNY	1.07 mg	-2.9%	6.5%	-16.8%	-60.5%

Digital Token Watch 2026-06-19

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	475.92 g	0.8%	-10.4%	-50.8%	-23.8%
Ethereum (ETH)	12.79 g	3.3%	-12.5%	-45.1%	-67.3%
Crypto Index (CCi30)	2,807.04 g	2.0%	-7.2%	-52.9%	-76.0%

Bond Watch 2026-06-19

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	0.61 g	0.6%	8.1%	-19.4%	-56.0%
US 20+ Year (TLT)	0.65 g	2.0%	13.2%	-18.7%	-72.6%

Equity Watch 2026-06-19

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
DJIA	385.84 g	1.4%	13.0%	-0.9%	-33.9%
S&P 500	55.60 g	0.7%	9.3%	0.7%	-23.9%
Nikkei 225	3.31 g	8.1%	25.6%	35.0%	-28.2%
Euro STOXX (FEZ)	0.519 g	1.2%	15.0%	-4.3%	-37.7%
HUI	5.41 g	6.6%	9.3%	37.4%	13.7%

Commodity Watch 2026-06-19

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Crude Oil	0.574 g/bbl	-9.0%	-20.5%	-17.3%	-54.3%
Platinum	12.43 g/oz	-1.7%	-7.1%	5.6%	-33.8%
Palladium	9.33 g/oz	-1.5%	-1.3%	-3.0%	-79.2%
Silver	0.485 g/oz	-2.7%	-7.9%	44.5%	4.7%
Copper	47.8 mg/lb	0.0%	12.0%	6.8%	-34.5%
Coffee	20.6 mg/lb	7.9%	10.3%	-31.3%	-21.6%
Cotton	5.70 mg/lb	5.1%	-1.6%	-4.8%	-61.5%