

National Currency Watch 2026-06-26

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
USD	7.6 mg	1.9%	10.9%	-18.5%	-56.1%
CAD	5.4 mg	1.5%	7.8%	-21.3%	-62.1%
EUR	8.7 mg	1.1%	8.3%	-20.9%	-58.3%
JPY	0.047 mg	1.6%	8.9%	-27.0%	-70.0%
CNY	1.14 mg	6.8%	13.1%	-12.1%	-57.8%

Digital Token Watch 2026-06-26

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	458.16 g	-3.7%	-12.3%	-54.3%	-18.2%
Ethereum (ETH)	12.04 g	-5.8%	-15.6%	-46.8%	-61.9%
Crypto Index (CCi30)	2,669.42 g	-4.9%	-11.0%	-55.0%	-72.6%

Bond Watch 2026-06-26

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	0.63 g	2.3%	10.9%	-19.1%	-54.7%
US 20+ Year (TLT)	0.67 g	2.7%	13.8%	-19.0%	-70.8%

Equity Watch 2026-06-26

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
DJIA	396.24 g	2.7%	14.0%	-2.6%	-33.9%
S&P 500	56.17 g	1.0%	8.5%	-2.4%	-24.6%
Nikkei 225	3.27 g	-1.1%	16.3%	27.9%	-28.3%
Euro STOXX (FEZ)	0.513 g	-1.2%	9.0%	-7.0%	-38.3%
HUI	4.99 g	-7.7%	-4.2%	25.6%	6.5%

Commodity Watch 2026-06-26

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Crude Oil	0.529 g/bbl	-7.9%	-18.2%	-13.5%	-59.0%
Platinum	12.43 g/oz	0.0%	-7.4%	-4.7%	-35.1%
Palladium	9.26 g/oz	-0.7%	-3.1%	-9.3%	-79.8%
Silver	0.446 g/oz	-8.0%	-15.1%	30.0%	-2.0%
Copper	46.9 mg/lb	-1.8%	7.1%	-1.2%	-37.2%
Coffee	21.9 mg/lb	6.3%	16.1%	-24.5%	-20.0%
Cotton	5.47 mg/lb	-3.9%	2.7%	-12.9%	-63.6%