

## National Currency Watch 2026-07-03

|                     |               | Change from |           |          |             |
|---------------------|---------------|-------------|-----------|----------|-------------|
|                     | Price in Gold | Week ago    | Month ago | Year ago | 5 Years ago |
| <a href="#">USD</a> | 7.5 mg        | -2.2%       | 6.7%      | -20.0%   | -57.1%      |
| <a href="#">CAD</a> | 5.3 mg        | -2.1%       | 4.1%      | -23.4%   | -62.6%      |
| <a href="#">EUR</a> | 8.5 mg        | -1.7%       | 4.9%      | -22.5%   | -58.6%      |
| <a href="#">JPY</a> | 0.046 mg      | -2.0%       | 5.8%      | -28.9%   | -70.4%      |
| <a href="#">CNY</a> | 1.10 mg       | -3.6%       | 7.1%      | -14.8%   | -59.2%      |

## Digital Token Watch 2026-07-03

|                                      |               | Change from |           |          |             |
|--------------------------------------|---------------|-------------|-----------|----------|-------------|
|                                      | Price in Gold | Week ago    | Month ago | Year ago | 5 Years ago |
| <a href="#">Bitcoin (BTC)</a>        | 467.26 g      | 1.9%        | 4.3%      | -54.3%   | -22.6%      |
| <a href="#">Ethereum (ETH)</a>       | 13.13 g       | 9.0%        | 3.6%      | -45.7%   | -64.9%      |
| <a href="#">Crypto Index (CCi30)</a> | 2,766.77 g    | 3.6%        | -0.4%     | -54.6%   | -74.1%      |

## Bond Watch 2026-07-03

|                                   |               | Change from |           |          |             |
|-----------------------------------|---------------|-------------|-----------|----------|-------------|
|                                   | Price in Gold | Week ago    | Month ago | Year ago | 5 Years ago |
| <a href="#">US 1-3 Year (SHY)</a> | 0.61 g        | -2.5%       | 6.7%      | -20.4%   | -55.8%      |
| <a href="#">US 20+ Year (TLT)</a> | 0.64 g        | -4.3%       | 7.0%      | -21.3%   | -72.8%      |

## Equity Watch 2026-07-03

|                                  |               | Change from |           |          |             |
|----------------------------------|---------------|-------------|-----------|----------|-------------|
|                                  | Price in Gold | Week ago    | Month ago | Year ago | 5 Years ago |
| <a href="#">DJIA</a>             | 395.13 g      | -0.3%       | 11.4%     | -5.6%    | -34.8%      |
| <a href="#">S&amp;P 500</a>      | 55.89 g       | -0.5%       | 5.7%      | -4.6%    | -26.3%      |
| <a href="#">Nikkei 225</a>       | 3.23 g        | -1.5%       | 7.8%      | 24.7%    | -28.3%      |
| <a href="#">Euro STOXX (FEZ)</a> | 0.515 g       | 0.5%        | 8.9%      | -7.9%    | -37.0%      |
| <a href="#">HUI</a>              | 4.98 g        | -0.1%       | -1.8%     | 25.0%    | 5.8%        |

## Commodity Watch 2026-07-03

|                           |               | Change from |           |          |             |
|---------------------------|---------------|-------------|-----------|----------|-------------|
|                           | Price in Gold | Week ago    | Month ago | Year ago | 5 Years ago |
| <a href="#">Crude Oil</a> | 0.513 g/bbl   | -3.0%       | -23.6%    | -18.0%   | -60.8%      |
| <a href="#">Platinum</a>  | 12.34 g/oz    | -0.7%       | -7.0%     | -4.0%    | -35.0%      |
| <a href="#">Palladium</a> | 9.57 g/oz     | 3.4%        | 2.5%      | -8.6%    | -80.2%      |
| <a href="#">Silver</a>    | 0.465 g/oz    | 4.3%        | -10.6%    | 35.1%    | 2.0%        |
| <a href="#">Copper</a>    | 45.7 mg/lb    | -2.6%       | 0.7%      | -4.0%    | -38.8%      |
| <a href="#">Coffee</a>    | 23.6 mg/lb    | 7.6%        | 33.1%     | -13.7%   | -11.5%      |
| <a href="#">Cotton</a>    | 5.42 mg/lb    | -1.0%       | 0.9%      | -11.6%   | -64.2%      |