

National Currency Watch 2026-07-10

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
USD	7.6 mg	1.6%	1.8%	-19.2%	-55.9%
CAD	5.4 mg	1.8%	0.3%	-21.9%	-61.2%
EUR	8.7 mg	1.7%	0.9%	-21.0%	-57.5%
JPY	0.047 mg	1.0%	0.5%	-27.3%	-70.1%
CNY	1.11 mg	1.3%	1.9%	-14.4%	-58.1%

Digital Token Watch 2026-07-10

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Bitcoin (BTC)	486.54 g	4.1%	6.1%	-55.3%	-15.7%	
Ethereum (ETH)	13.62 g	3.8%	12.7%	-50.8%	-63.1%	
Crypto Index (CCi30)	2,812.88 g	1.7%	5.1%	-57.8%	-72.1%	

Bond Watch 2026-07-10

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	0.62 g	1.5%	1.7%	-19.8%	-54.7%
US 20+ Year (TLT)	0.64 g	0.4%	1.3%	-21.5%	-72.6%

Equity Watch 2026-07-10

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
DJIA	399.40 g	1.1%	7.3%	-4.7%	-33.5%
S&P 500	57.48 g	2.8%	6.1%	-2.5%	-23.6%
Nikkei 225	3.20 g	-0.7%	7.4%	25.8%	-26.7%
Euro STOXX (FEZ)	0.517 g	0.2%	3.9%	-9.5%	-36.0%
HUI	4.82 g	-3.3%	2.7%	21.2%	4.0%

Commodity Watch 2026-07-10

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Crude Oil	0.542 g/bbl	5.6%	-19.3%	-13.3%	-57.8%
Platinum	12.28 g/oz	-0.3%	-3.2%	-3.6%	-34.6%
Palladium	9.67 g/oz	1.4%	4.1%	-9.8%	-79.9%
Silver	0.450 g/oz	-3.2%	-6.3%	30.3%	0.5%
Copper	47.3 mg/lb	3.6%	1.5%	-9.2%	-36.9%
Coffee	26.0 mg/lb	10.4%	40.5%	-4.4%	-0.3%
Cotton	6.06 mg/lb	11.9%	14.4%	-2.5%	-59.9%