

National Currency Watch 2026-08-07

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
USD	7.2 mg	-7.1%	-4.1%	-22.0%	-59.3%
CAD	5.1 mg	-7.1%	-2.8%	-23.5%	-63.5%
EUR	8.3 mg	-6.8%	-3.1%	-22.5%	-60.0%
JPY	0.045 mg	-5.7%	-1.5%	-27.2%	-71.6%
CNY	1.08 mg	-4.5%	-2.8%	-15.9%	-59.6%

Digital Token Watch 2026-08-07

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	465.45 g	-4.2%	-1.8%	-56.9%	-39.7%
Ethereum (ETH)	13.72 g	-4.6%	3.5%	-61.8%	-75.4%
Crypto Index (CCi30)	2,560.60 g	-6.8%	-7.4%	-64.6%	-80.4%

Bond Watch 2026-08-07

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	0.59 g	-7.2%	-4.1%	-22.6%	-58.2%
US 20+ Year (TLT)	0.59 g	-6.6%	-6.2%	-26.3%	-75.6%

Equity Watch 2026-08-07

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
DJIA	387.66 g	-4.4%	-2.1%	-4.1%	-37.6%
S&P 500	55.65 g	-3.8%	-0.9%	-4.5%	-28.9%
Nikkei 225	2.98 g	-3.9%	-5.3%	16.4%	-32.9%
Euro STOXX (FEZ)	0.516 g	-4.3%	0.4%	-5.4%	-38.6%
HUI	5.40 g	13.2%	12.4%	23.8%	17.9%

Commodity Watch 2026-08-07

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Crude Oil	0.561 g/bbl	-14.2%	6.4%	-4.5%	-53.4%
Platinum	12.54 g/oz	-0.1%	1.9%	2.7%	-28.7%
Palladium	9.88 g/oz	0.2%	3.1%	-6.8%	-78.9%
Silver	0.461 g/oz	3.5%	1.7%	30.8%	4.7%
Copper	47.1 mg/lb	-5.3%	2.1%	17.1%	-38.4%
Coffee	23.1 mg/lb	-10.0%	-7.0%	-15.7%	-25.7%
Cotton	5.97 mg/lb	-4.0%	3.7%	0.0%	-63.1%