

National Currency Watch 2026-08-14

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
USD	7.1 mg	-1.3%	-7.2%	-23.8%	-59.6%
CAD	5.1 mg	-0.6%	-5.7%	-24.8%	-63.7%
EUR	8.2 mg	-0.8%	-5.6%	-24.3%	-60.4%
JPY	0.044 mg	-1.9%	-5.4%	-29.7%	-72.2%
CNY	1.07 mg	-1.0%	-6.4%	-17.3%	-60.9%

Digital Token Watch 2026-08-14

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	446.18 g	-4.1%	-10.0%	-59.5%	-46.0%
Ethereum (ETH)	13.32 g	-2.9%	-7.7%	-68.6%	-76.7%
Crypto Index (CCi30)	2,501.71 g	-2.4%	-12.9%	-67.5%	-83.0%

Bond Watch 2026-08-14

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	0.58 g	-1.2%	-7.1%	-24.5%	-58.4%
US 20+ Year (TLT)	0.58 g	-2.1%	-9.4%	-28.2%	-76.1%

Equity Watch 2026-08-14

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
DJIA	380.64 g	-1.8%	-5.0%	-8.9%	-38.9%
S&P 500	55.15 g	-0.9%	-4.2%	-8.3%	-29.6%
Nikkei 225	3.05 g	2.8%	-4.1%	13.2%	-31.6%
Euro STOXX (FEZ)	0.511 g	-0.9%	-1.4%	-9.3%	-39.7%
HUI	5.44 g	0.6%	13.5%	23.8%	21.6%

Commodity Watch 2026-08-14

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Crude Oil	0.584 g/bbl	4.1%	-3.0%	-1.9%	-51.4%
Platinum	12.32 g/oz	-1.8%	-0.5%	-2.1%	-31.5%
Palladium	9.35 g/oz	-5.4%	-3.8%	-11.8%	-79.8%
Silver	0.458 g/oz	-0.8%	4.2%	28.4%	11.6%
Copper	46.8 mg/lb	-0.8%	-2.7%	12.6%	-38.8%
Coffee	24.0 mg/lb	-0.5%	-6.4%	-21.1%	-25.3%
Cotton	5.92 mg/lb	-0.8%	-1.9%	-3.8%	-64.2%