National Currency Watch 2026-10-23

	Price in Gold	Change from Week ago	Month ago	Year ago	5 Years ago
USD	7.8 mg	4.4%	6.8%	3.3%	-54.9%
CAD	5.5 mg	5.8%	7.2%	3.1%	-60.2%
EUR	8.7 mg	4.5%	4.6%	-0.2%	-56.6%
JPY	0.050 mg	5.5%	7.4%	0.3%	-67.3%
CNY	1.16 mg	4.0%	8.4%	8.7%	-57.3%

Digital Token Watch 2026-10-23

	Price in Gold	Change from Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	628.55 g	3.8%	2.6%	-23.9%	-40.2%
Ethereum (ETH)	18.48 g	2.8%	-5.2%	-36.2%	-74.2%
Crypto Index (CCi30)	5,241.57 g	2.9%	-1.9%	-30.2%	-75.5%

Bond Watch 2026-10-23

	Price in Gold	Change from Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	0.63 g	4.6%	7.6%	4.8%	-52.6%
US 20+ Year (TLT)	0.63 g	6.1%	7.9%	-4.7%	-72.2%

Equity Watch 2026-10-23

	Price in Gold	Change from Week ago	Month ago	Year ago	5 Years ago
DJIA	404.67 g	4.8%	8.2%	15.4%	-34.1%
S&P 500	59.08 g	3.9%	5.6%	16.8%	-24.4%
Nikkei 225	3.10 g	1.2%	3.6%	29.2%	-28.8%
Euro STOXX (FEZ)	0.500 g	2.3%	1.4%	8.9%	-30.5%
HUI	5.24 g	-4.3%	-8.8%	16.6%	17.2%

Commodity Watch 2026-10-23

	Price in Gold	Change from Week ago	Month ago	Year ago	5 Years ago
Crude Oil	0.793 g/bbl	5.4%	18.6%	71.1%	-44.9%
Platinum	12.08 g/oz	-0.8%	-5.9%	-2.4%	-33.9%
Palladium	8.18 g/oz	-2.4%	-11.5%	-25.5%	-76.4%
Silver	0.418 g/oz	-2.5%	-11.7%	13.3%	-0.1%
Copper	49.8 mg/lb	2.6%	2.6%	30.4%	-35.7%
Coffee	23.6 mg/lb	4.1%	17.9%	-23.3%	-31.3%
Cotton	6.16 mg/lb	3.7%	7.6%	28.1%	-66.9%