National Currency Watch 2026-10-30

	Price in Gold	Change from Week ago	Month ago	Year ago	5 Years ago
USD	7.9 mg	2.6%	6.7%	2.1%	-54.8%
CAD	5.7 mg	2.7%	8.3%	1.7%	-59.9%
EUR	8.9 mg	2.2%	5.2%	-1.3%	-56.3%
JPY	0.050 mg	1.7%	6.5%	-1.2%	-67.3%
CNY	1.17 mg	1.0%	5.7%	5.7%	-56.7%

Digital Token Watch 2026-10-30

	Price in Gold	Change from Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	613.79 g	-2.3%	-1.4%	-27.3%	-43.1%
Ethereum (ETH)	17.82 g	-3.6%	-10.9%	-39.8%	-76.6%
Crypto Index (CCi30)	5,217.45 g	-0.5%	-6.2%	-31.8%	-76.1%

Bond Watch 2026-10-30

	Price in Gold	Change from Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	0.65 g	2.8%	7.7%	3.9%	-52.4%
US 20+ Year (TLT)	0.65 g	3.2%	12.3%	-4.4%	-72.8%

Equity Watch 2026-10-30

	Price in Gold	Change from Week ago	Month ago	Year ago	5 Years ago
DJIA	411.48 g	1.7%	8.5%	11.2%	-34.7%
S&P 500	60.25 g	2.0%	5.7%	13.4%	-25.6%
Nikkei 225	3.19 g	2.7%	0.9%	21.8%	-28.4%
Euro STOXX (FEZ)	0.517 g	3.3%	3.1%	8.6%	-30.6%
HUI	5.16 g	-1.4%	-6.2%	12.6%	18.0%

Commodity Watch 2026-10-30

	Price in Gold	Change from Week ago	Month ago	Year ago	5 Years ago
Crude Oil	0.828 g/bbl	4.3%	22.9%	75.5%	-43.7%
Platinum	11.34 g/oz	-6.1%	-11.2%	-8.9%	-36.1%
Palladium	7.75 g/oz	-5.2%	-14.9%	-30.3%	-77.7%
Silver	0.398 g/oz	-4.7%	-12.0%	6.1%	-5.7%
Copper	51.3 mg/lb	3.2%	5.1%	29.8%	-33.2%
Coffee	22.8 mg/lb	-3.4%	5.4%	-25.2%	-36.3%
Cotton	6.19 mg/lb	0.4%	11.1%	22.0%	-69.4%