National Currency Watch 2026-11-06

	Price in Gold	Change from Week ago	Month ago	Year ago	5 Years ago
USD	7.7 mg	-3.4%	2.6%	-1.6%	-55.5%
CAD	5.5 mg	-3.6%	4.4%	-1.0%	-60.5%
EUR	8.6 mg	-3.0%	2.7%	-4.1%	-56.8%
JPY	0.049 mg	-3.2%	2.9%	-3.7%	-67.9%
CNY	1.15 mg	-1.8%	3.8%	5.0%	-57.5%

Digital Token Watch 2026-11-06

	Price in Gold	Change from Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	582.00 g	-5.2%	-9.1%	-26.3%	-46.8%
Ethereum (ETH)	17.18 g	-3.6%	-14.9%	-33.5%	-78.0%
Crypto Index (CCi30)	4,854.73 g	-7.0%	-13.9%	-29.4%	-78.6%

Bond Watch 2026-11-06

	Price in Gold	Change from Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	0.63 g	-3.2%	3.6%	0.3%	-53.1%
US 20+ Year (TLT)	0.63 g	-3.0%	9.1%	-6.9%	-73.4%

Equity Watch 2026-11-06

	Price in Gold	Change from Week ago	Month ago	Year ago	5 Years ago
DJIA	395.06 g	-4.0%	2.5%	7.9%	-37.0%
S&P 500	56.82 g	-5.7%	-2.9%	8.4%	-29.9%
Nikkei 225	2.89 g	-9.3%	-13.6%	12.3%	-35.8%
Euro STOXX (FEZ)	0.499 g	-3.4%	-0.1%	6.3%	-33.5%
HUI	5.68 g	10.0%	2.1%	28.5%	27.1%

Commodity Watch 2026-11-06

	Price in Gold	Change from Week ago	Month ago	Year ago	5 Years ago
Crude Oil	0.700 g/bbl	-15.5%	4.5%	50.9%	-50.1%
Platinum	11.69 g/oz	3.0%	-8.2%	-4.1%	-34.1%
Palladium	7.84 g/oz	1.2%	-10.0%	-28.5%	-77.6%
Silver	0.401 g/oz	0.6%	-12.2%	5.5%	-2.5%
Copper	47.9 mg/lb	-6.7%	-2.9%	24.1%	-36.1%
Coffee	21.6 mg/lb	-5.5%	-5.3%	-30.3%	-38.6%
Cotton	6.09 mg/lb	-1.5%	5.1%	21.0%	-69.8%