

Why Gold Continues to Outperform for Australian Investors

Gold has outperformed shares and property since 2000, delivering market-leading performance for over 25 years. This was seen again in 2025, with prices rising by more than 50%, and hitting new all-time highs above AUD \$6,000 per ounce (oz).

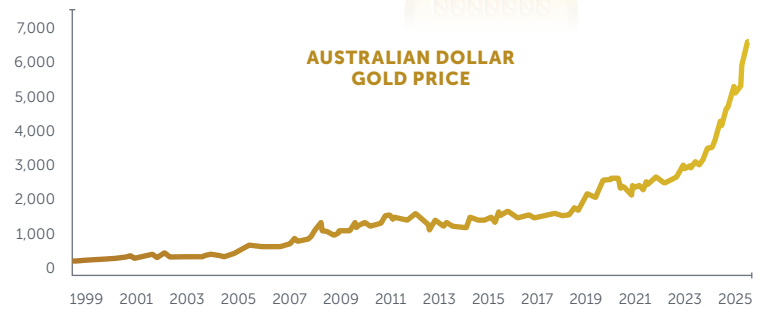
Gold's strong performance looks set to continue with this ABC Bullion infographic highlighting key reasons why investors continue to build and protect wealth using this timeless asset.



Long-Term Capital Growth

Gold has risen from less than AUD \$500/oz to more than AUD \$6,400/oz since the turn of the century, as highlighted in the chart. That's a total return of more than 1350%—or 11% per annum—with an AUD \$25,000 investment made in 1999 having grown in value to more than \$337,000 by the end of 2025.

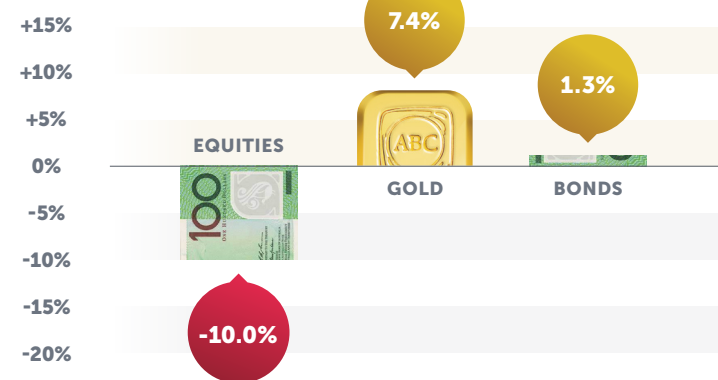
Source: ABC Bullion, LBMA, RBA



Protection When it is Needed Most

Gold has an excellent track record of not only protecting but increasing wealth during periods when the share market is at its weakest. It typically outperforms other defensive assets like cash and bonds in these periods, too. This is illustrated in the chart below, which shows the average returns for Australian equities, gold priced in Australian dollars, and Australian bonds during the ten worst quarterly pullbacks in the Australian share market since the turn of the century. This is one reason why investors have come to see gold as a safe haven asset.

Average Returns



Effective Hedge Against Inflation

Gold is a trusted hedge against inflation. This is no surprise, given that throughout history, gold has formed the backbone of the monetary system, and remains an important asset held by central banks today.

Australian investors have benefitted from the inflation protection that gold offers, with the table below highlighting the average nominal and real returns gold has generated in period of low, moderate and high inflation over the past fifty plus years.

This data is particularly relevant to investors today given that inflation in Australia is approaching 5% in early 2026.

Inflation Environment (% p.a. CPI increase)	Average Nominal Gold Price Return	Average Real Gold Price Return
High Inflation (>5%)	18.7%	9.3%
Moderate Inflation (between 2-5%)	11.6%	8.6%
Low Inflation (<2%)	4.7%	3.3%

Source: ABC Bullion, LBMA, ABS.

High Liquidity

Gold is an exceptionally liquid asset, with more than USD \$350 billion in average daily turnover in the global gold market. As seen in the table to the right, gold is between two to three times more liquid than the entire U.S. Treasury Bill market and trading in Dow Jones stocks. This attribute gives investors absolute confidence they can easily buy and sell gold at will, with ABC Bullion offering 24/7 market access to with clients via our website, as well as phone based and in-store trading.

Asset	Average Daily Trading Volume (US \$bn/day)
Gold	361.2
Treasury Bills	186.3
Dow Jones	100.3

Source: World Gold Council



Outperformer When Real Interest Rates Are Low

Gold tends to thrive in periods when real interest rates (which factor in inflation) are low or even negative. This can be seen in the table below, which highlights the average annual return gold has generated in different real interest rate environments since the 1970s.

Given real interest rates are set to remain low for years to come, investors are likely to continue gravitating towards gold.

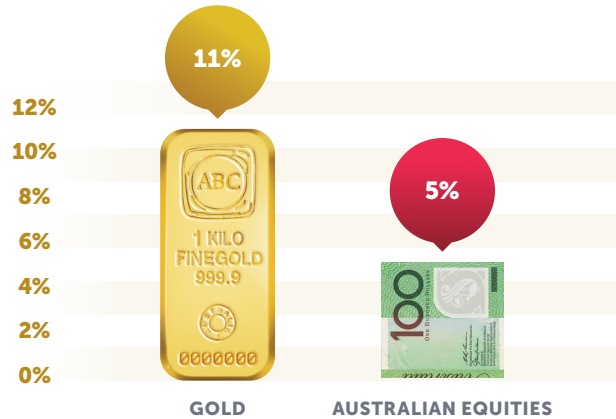
Real Interest Rate Environment	Average Annual Gold Return
Below 1%	15.2%
Between 1 and 4%	11.2%
Above 4%	5.3%

Source: ABC Bullion, World Gold Council, ABS

Outperformer When the RBA Changes Policy Direction

Gold has historically outperformed equities during periods the RBA shifts monetary policy direction. This is illustrated in the chart below, which shows the average returns of gold and Australian equities in the 12 months following the start of easing, holding, or tightening cycles. The outperformance is most pronounced when the RBA switches to an easing cycle, which many forecasters expect to see from late 2026 onward.

Average Return in 12 Months Following RBA Policy Direction Change



ABC Bullion Popular Gold Products



Pooled Gold

Pooled gold can be bought either by specific weight (i.e. 1 oz) or by fixed dollar amounts (i.e. \$10,000), with a minimum transaction size of \$500. Traded 24/7, ABC Bullion offers free storage and low trading spreads for pooled gold. It is ideal for new investors, SMSF trustees, and other investors who want exposure to gold in their portfolio, but do not want to physically store the gold themselves.



Gold Cast Bars

ABC Bullion's signature cast bar range includes products ranging in size from ½ ounce all the way up to 400 ounces. Cast bars are the most cost-effective bullion products to purchase and can be stored securely with ABC Bullion.



Gold Minted Tablets

Minted tablets are gold products manufactured in size from as little as one gram, all the way up to 100 grams of gold (just over 3 ounces). These products are perfect for those looking to acquire small amounts of bullion at a time, or buying bullion as a gift, with minted tablets sold in protective packaging.



Gold Coins

ABC Bullion offers a broad range of gold coins for investment. Coins have long been a popular way to own gold bullion, particularly for investors seeking smaller denominations. Coins typically come in a range of sizes from as small as one-tenth of an ounce up to 1 ounce.



Please call the ABC Bullion Sales and Customer Service Team on 1300 361 261 to discuss the benefits of investing in precious metals

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