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STATISTICS DOSSIER

Reserves: statistics and facts

10 reports · 3 sections · Edition November 2026

92,000 t	57%	3.4T	208.8 tcm
AUSTRALIA, 2025	US DOLLAR 2026	CHINA	WORLD RESERVES, END 2025

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ABOUT THIS DOSSIER

Reserves: statistics and facts

This page brings together 10 Business Stats reports on Reserves, grouped into Hold (3 reports) and US (3 reports).

Among the figures you will find here: 92,000 t (Australia, 2025), $20.06T (US M1, Sep 2026), $5,405 (Record Price, Jan 2026) and 208.8 tcm (World Reserves, End 2025).

Most recently revised are Which Countries Mine the Most Lithium, and Who Holds the Reserves? and US M1 Money Supply: Federal Reserve Data From 1959 to September 2026. Every report names its primary source, and its charts and tables can be downloaded and reused for free. The list grows on its own when a new report is published; it last changed on Nov 18, 2026.

KEY FIGURES AT A GLANCE

FIGURE	WHAT IT MEASURES	REPORT
92,000 t	Australia, 2025	Which Countries Mine the Most Lithium, and Who Holds the Reserves?
57%	US Dollar 2026	US Dollar Share of Global Reserves 1999-2026
3.4T	China	Forex Reserves by Country 2026 (Ranked)
208.8 tcm	World Reserves, End 2025	Which Countries Hold the Largest Natural Gas Reserves in the World?
1,572B	World Proven Reserves, End-2025 (bbl)	Which Countries Hold the Largest Proven Oil Reserves, and What Share of the World Does Each Control?
1,280,624	Active Duty, 30 Sep 2024	How Big Is the US Military? Troops, Reserves, Budget and Bases in Official Numbers

$20.06T	US M1, Sep 2026	US M1 Money Supply: Federal Reserve Data From 1959 to September 2026
13.1T	2025 Record	Global Foreign Exchange Reserves 1995-2026

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2.1 US Dollar Share of Global Reserves 1999-2026

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01

Hold

3 reports

1.1

Which Countries Mine the Most Lithium, and Who Holds the Reserves?

Updated Nov 17, 2026

92,000 t AUSTRALIA, 2025	**62,000 t** CHINA, 2025	**290,000 t** WORLD OUTPUT 2025, EXCL. US
+31% WORLD GROWTH 2024 TO 2025	**9.2 Mt** CHILE RESERVES, LARGEST	**-86%** CARBONATE PRICE 2022 TO 2025

USGS 2025 estimates: Australia 92,000 t, China 62,000 t, Chile 56,000 t of 290,000 t mined. Reserves, the 86% price slump since 2022 and the 2026 rebound.

PRIMARY SOURCES: US Geological Survey · US Geological Survey · US Geological Survey · Australian Government, Department of Industry, Science and Resources

Full report with charts and data: businesstats.com/lithium-production-by-country

1.2

Which Countries Hold the Largest Natural Gas Reserves in the World?

Updated Nov 8, 2026

208.8 tcm WORLD RESERVES, END 2025	**22.4%** RUSSIA SHARE	**16.3%** IRAN SHARE
11.4% QATAR SHARE	**50.1%** TOP 3 COMBINED	**49.5 yrs** WORLD R/P, BUSINESSSTATS CALC

World proven gas reserves reached 208.8 tcm at end-2025. Russia holds 22.4%, Iran 16.3%, Qatar 11.4%. Top 25 ranking and years of output left per country.

PRIMARY SOURCES: Eni · press release of 2 November 2026 · Gas Exporting Countries Forum (GECF) · US Energy Information Administration

Full report with charts and data: businesstats.com/natural-gas-reserves-by-country

1.3

Which Countries Hold the Largest Proven Oil Reserves, and What Share of the World Does Each Control?

Updated Nov 3, 2026

1,572B WORLD PROVEN RESERVES, END-2025 (BBL)	**19.3%** VENEZUELA SHARE OF WORLD	**85.7%** HELD BY THE TOP 10
79.1% OPEC SHARE, 12 MEMBERS	**71.4%** OPEC SHARE WITHOUT THE UAE	**57.6 yrs** WORLD RESERVES AT 2025 OUTPUT

End-2025 OPEC data: 1,572bn barrels proven. Venezuela holds 303.7bn, Saudi Arabia 267.2bn, Iran 208.6bn. Top 20 shares, OPEC after UAE exit, reserve life.

PRIMARY SOURCES: OPEC · OPEC · OPEC Secretariat · OPEC

Full report with charts and data: businesstats.com/share-of-oil-reserves-of-the-leading-ten-countries

02

US

3 reports

2.1

US Dollar Share of Global Reserves 1999-2026

Updated Jul 4, 2026

57% US DOLLAR 2026	**71%** DOLLAR 1999	**20%** EURO
5.5% YEN	**2%** RENMINBI	**72.7%** DOLLAR PEAK

The US dollar share of global foreign exchange reserves fell from about 71 percent in 1999 to about 57 percent by 2026, as central banks slowly diversified.

Full report with charts and data: businesstats.com/distribution-of-global-currency-reserves

2.2

How Big Is the US Military? Troops, Reserves, Budget and Bases in Official Numbers

Updated Nov 3, 2026

1,280,624 ACTIVE DUTY, 30 SEP 2024	**754,402** SELECTED RESERVE, FY2024	**1,342,900** ACTIVE DUTY REQUESTED, FY2027
$1,009.1B BUDGET, FY2026 ENACTED	**$1,450.0B** BUDGET REQUEST, FY2027	**169,589** ACTIVE TROOPS ABROAD, DEC 2025

1,280,624 active troops and 754,402 reservists (Sept 2024), a $1.01T FY2026 budget, a $1.45T FY2027 request, recruiting results and troops abroad.

PRIMARY SOURCES: US Department of Defense (Department of War) · Office of the Under Secretary of Defense for Personnel and Readiness · Table D-39 · Office of the Under Secretary of Defense (Comptroller)

Full report with charts and data: businesstats.com/armed-forces-of-the-united-states

2.3

US M1 Money Supply: Federal Reserve Data From 1959 to September 2026

Updated Nov 7, 2026

$20.06T US M1, SEP 2026	**+6.2%** CHANGE IN A YEAR	**+235.9%** MAY 2020 JUMP
52.1% OTHER LIQUID DEPOSITS	**85.7%** M1 SHARE OF M2	**-3.2%** BELOW MARCH 2022 PEAK

Fed H.6 data: US M1 was $20,061.2B in Sept 2026, up 6.2% in a year. Why it jumped 236% in May 2020, its 3 parts, M2, and M1 in Europe, Japan and China.

PRIMARY SOURCES: Board of Governors of the Federal Reserve System · Board of Governors of the Federal Reserve System · Board of Governors of the Federal Reserve System · European Central Bank

Full report with charts and data: businesstats.com/m1-money-supply

03

More statistics

4 reports

3.1

Forex Reserves by Country 2026 (Ranked)

Updated Jul 4, 2026

3.4T CHINA	**1.38T** JAPAN	**13T** 85 COUNTRIES
70% TOP 10	**8.4T** ASIA-PACIFIC	**85** COUNTRIES

Forex reserves by country in 2026: China leads with 3.4 trillion dollars, ahead of Japan, Switzerland and India, among 85 countries holding 13 trillion.

Full report with charts and data: businesstats.com/currency-reserves-of-selected-countries

3.2

Global Foreign Exchange Reserves 1995-2026

Updated Jul 4, 2026

13.1T 2025 RECORD	**3.4T** CHINA	**57%** US DOLLAR
20% EURO	**24.5%** GOLD	**1.4T** 1995

Global foreign exchange reserves rose from about 1.4 trillion dollars in 1995 to a record 13.1 trillion by 2026, with the US dollar at about 57 percent.

Full report with charts and data: businesstats.com/development-of-foreign-exchange-reserves-worldwide

3.3

The Oil Industry in the Middle East, Country by Country: Reserves, Crude Output, OPEC+ Targets and the 2026 Hormuz Shock

Updated Nov 7, 2026

862.5B PROVEN CRUDE RESERVES, SIX GULF STATES, END-2025 (BBL)	**22.4M** CRUDE OUTPUT, FIVE GULF OPEC PRODUCERS, 2025 (B/D)	**10.9M** PEAK SHUT-IN CRUDE OUTPUT, MAY 2026 (B/D, EIA)
8.0M SAUDI CRUDE OUTPUT, SEPTEMBER 2026 (B/D)	**0.02M** OPEC SPARE CAPACITY, Q3 2026 (B/D, EIA)	**$36.3B** ARAMCO NET INCOME, Q3 2026

OPEC and EIA data for 8 producers: Saudi crude 8.0M b/d (Sep 2026), shut-ins down to 4.8M b/d, 862bn bbl reserves, Aramco Q3 profit $36.3B.

PRIMARY SOURCES: OPEC · OPEC · 6 September · 4 October

Full report with charts and data: businesstats.com/oil-industry-in-the-middle-east

3.4

Gold as an Investment: Prices, Demand, Central Bank Reserves and ETF Holdings to Q3 2026

Updated Nov 7, 2026

$5,405 RECORD PRICE, JAN 2026	**$4,105** AVERAGE PRICE, OCT 2026	**5,002t** RECORD DEMAND, 2025
675t CENTRAL BANK BUYING, 9M 2026	**4,275t** GOLD ETF HOLDINGS, OCT 2026	**224,200t** ABOVE-GROUND STOCK, Q3 2026

Gold peaked at US$5,405/oz in Jan 2026 and averaged US$4,105 in Oct. 2025 demand hit 5,002t; ETFs hold 4,275t; central banks bought 675t in 9 months.

PRIMARY SOURCES: World Gold Council · World Gold Council · World Gold Council · World Gold Council

Full report with charts and data: businesstats.com/gold-as-an-investment-statistics-facts

HOW TO CITE THIS DOSSIER

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Methodology

Every figure in this dossier comes from a Business Stats report that names its primary source: statistics offices, central banks, company filings and original surveys. The reports are updated continuously; this PDF shows them as of Nov 18, 2026.

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