What is 375 Gold?

Gold Types · https://www.purejewels.com/faqs/gold-types/what-is-375-gold/

375 gold means the piece contains 37.5% pure gold; the other 62.5% is made up of metals such as copper, silver and zinc. In carat terms, 375 is 9ct gold. It is the lowest gold content that can legally be sold as “gold” in the UK, and it is the most common gold on the British high street. You’ll see the 375 stamp inside ring bands, on bracelet clasps, and on pendant bails.

How does 375 gold compare to other carats?

Here is where 375 sits among the gold purities you’ll come across in the UK:

Hallmark (carat)	Pure gold	Colour & feel	Most common UK uses
375 (9ct)	37.5%	Paler yellow; hard and scratch-resistant	The UK’s everyday gold — rings, budget-friendly piece
417 (10ct)	41.7%	Pale yellow; hard	Uncommon in the UK; more imported or US jewellery
585 (14ct)	58.5%	Warm yellow; durable	A popular middle ground — rings and everyday fine jew
750 (18ct)	75.0%	Rich yellow; still hard-wearing	Fine and designer jewellery settings, premium wedding
916 (22ct)	91.6%	Deep, warm yellow; softer	South Asian bridal and heri the PureJewels standard
999 (24ct)	99.9%	Intense yellow; very soft	Investment bars and coins everyday jewellery

Which gold should you choose — 9ct or 22ct?

The question I hear most often at Green Street is whether 9ct is “good enough” or whether it’s worth paying for 22ct. The honest answer is that it depends on what the piece is for. 9ct (375) is harder, more scratch-resistant, and much cheaper per gram a sensible choice for rings worn constantly by people with active hands, or for pieces where the design matters more than the gold value. 22ct (916) has a deeper, richer yellow and contains more than twice the gold by weight; it is the choice for pieces with cultural meaning, long-term value, or where you want the gold itself to be the statement. We sell 22ct because that is what our community the South Asian families who have trusted us on Green Street for over fifty years considers real gold. But we are always happy to talk you through the difference honestly.

What is 375 gold worth, and can you sell it?

Yes, 375 gold has a genuine resale value, based on its gold content: 37.5% of the piece’s weight is gold you can sell. For a rough figure, multiply the gram weight by 0.375, then by today’s gold price per gram; you can find the current rate on our gold price guide. If you’re thinking of selling, we buy and part-exchange gold at our Green Street showroom: we’ll test the piece on our XRF machine and quote against the current gold rate and its actual gold content.

So 375 gold is real gold, hard-wearing and affordable, just with less gold in it than the higher carats. If it is the deeper colour and gold value of 22ct you’re after, browse our 22ct gold jewellery collection, or see our gold bars and coins for pure investment gold.

By Jayant Raniga, PureJewels Green Street

Jayant Raniga is the third-generation director of PureJewels, the family jewellers on Green Street, London, founded by his grandfather Bhanji Gokaldas in Nairobi in 1950.