

Currency Watch		2016-08-19			
		Change from			
	Price in Gold	Week ago	Month ago	Year ago	
USD	23.1 mg	0.4%	-1.2%	-16.4%	
CAD	18.0 mg	1.5%	0.2%	-14.6%	
EUR	26.2 mg	2.0%	1.4%	-14.3%	
JPY	0.231 mg	1.9%	4.6%	3.8%	
CNY	3.47 mg	-0.5%	-0.6%	-19.9%	
BTC	13,252.3 mg	-1.7%	-15.8%	112.9%	

Bond Watch		2016-08-19			
		Change from			
	Price in Gold	Week ago	Month ago	Year ago	
1-3 Year (SHY)	1.96 g	0.3%	-1.3%	-15.7%	
20+ Year (TLT)	3.20 g	-0.6%	-1.2%	-4.9%	

Equity Watch		2016-08-19			
		Change from			
	Price in Gold	Week ago	Month ago	Year ago	
DJIA	428.59 g	0.3%	-1.2%	-10.6%	
S&P 500	50.45 g	0.4%	-0.2%	-12.2%	
Nikkei 225	3.81 g	-0.3%	3.5%	-15.0%	
Euro STOXX FEZ	0.76 g	-0.4%	3.1%	-26.5%	
HUI	6.20 g	-3.2%	-0.7%	81.8%	

Commodity Watch		2016-08-19			
		Change from			
	Price in Gold	Week ago	Month ago	Year ago	
Crude Oil	1.12 g/bbl	9.5%	7.4%	-0.5%	
Platinum	25.55 g/oz	-3.1%	0.7%	-6.8%	
Palladium	16.42 g/oz	2.9%	8.5%	-1.2%	
Silver	0.449 g/oz	-1.9%	-3.6%	9.4%	
Copper	50.1 mg/lb	1.7%	-5.3%	-20.4%	
Coffee	32.1 mg/lb	1.9%	-6.4%	-11.5%	
Cotton	15.7 mg/lb	-3.3%	-8.2%	-14.5%	