

National Currency Watch 2019-03-22

| | | Change from | | |
|-----|---------------|-------------|-----------|----------|
| | Price in Gold | Week ago | Month ago | Year ago |
| USD | 23.7 mg | -0.6% | 1.4% | 1.4% |
| CAD | 17.7 mg | -1.1% | -0.3% | -2.2% |
| EUR | 26.8 mg | -1.0% | 0.8% | -7.1% |
| JPY | 0.216 mg | 1.0% | 2.3% | -2.7% |
| CNY | 3.50 mg | -0.8% | 1.1% | -4.9% |

Digital Token Watch 2019-03-22

| | | Change from | | |
|----------------|---------------|-------------|-----------|----------|
| | Price in Gold | Week ago | Month ago | Year ago |
| Bitcoin (BTC) | 95.45 g | 1.0% | 1.8% | -53.3% |
| Ethereum (ETH) | 3.25 g | -1.0% | -4.7% | -75.4% |

Bond Watch 2019-03-22

| | | Change from | | |
|-------------------|---------------|-------------|-----------|----------|
| | Price in Gold | Week ago | Month ago | Year ago |
| US 1-3 Year (SHY) | 1.99 g | -0.3% | 1.9% | 4.1% |
| US 20+ Year (TLT) | 2.96 g | 1.9% | 4.3% | 8.3% |

Equity Watch 2019-03-22

| | | Change from | | |
|----------------|---------------|-------------|-----------|----------|
| | Price in Gold | Week ago | Month ago | Year ago |
| DJIA | 604.90 g | -1.9% | -0.7% | 7.9% |
| S&P 500 | 66.43 g | -1.4% | 1.6% | 7.4% |
| Nikkei 225 | 4.67 g | 1.9% | 3.2% | -2.6% |
| Euro STOXX FEZ | 0.86 g | -3.2% | 1.7% | -7.6% |
| HUI | 4.11 g | 1.6% | 0.6% | 2.2% |

Commodity Watch 2019-03-22

| | | Change from | | |
|-----------|---------------|-------------|-----------|----------|
| | Price in Gold | Week ago | Month ago | Year ago |
| Crude Oil | 1.40 g/bbl | 0.3% | 4.5% | -6.9% |
| Platinum | 20.23 g/oz | 2.0% | 4.2% | -9.0% |
| Palladium | 36.86 g/oz | -0.7% | 6.3% | 60.1% |
| Silver | 0.367 g/oz | 0.1% | -1.3% | -5.1% |
| Copper | 67.3 mg/lb | -2.9% | -2.6% | -4.6% |
| Coffee | 22.3 mg/lb | -4.6% | -4.8% | -20.0% |
| Cotton | 18.2 mg/lb | 0.8% | 6.3% | -5.5% |