

National Currency Watch 2019-03-29

| | | Change from | | |
|-----|---------------|-------------|-----------|----------|
| | Price in Gold | Week ago | Month ago | Year ago |
| USD | 24.0 mg | 1.2% | 1.3% | 2.2% |
| CAD | 18.0 mg | 1.6% | 0.4% | -1.4% |
| EUR | 27.0 mg | 0.7% | -0.1% | -6.7% |
| JPY | 0.217 mg | 0.4% | 2.4% | -1.8% |
| CNY | 3.54 mg | 1.2% | 1.0% | -4.2% |

Digital Token Watch 2019-03-29

| | | Change from | | |
|----------------|---------------|-------------|-----------|----------|
| | Price in Gold | Week ago | Month ago | Year ago |
| Bitcoin (BTC) | 98.40 g | 3.1% | 7.5% | -41.5% |
| Ethereum (ETH) | 3.42 g | 5.2% | 6.1% | -67.2% |

Bond Watch 2019-03-29

| | | Change from | | |
|-------------------|---------------|-------------|-----------|----------|
| | Price in Gold | Week ago | Month ago | Year ago |
| US 1-3 Year (SHY) | 2.02 g | 1.3% | 2.2% | 5.0% |
| US 20+ Year (TLT) | 3.04 g | 2.5% | 8.1% | 9.0% |

Equity Watch 2019-03-29

| | | Change from | | |
|----------------|---------------|-------------|-----------|----------|
| | Price in Gold | Week ago | Month ago | Year ago |
| DJIA | 622.57 g | 2.9% | 0.9% | 9.9% |
| S&P 500 | 68.06 g | 2.4% | 2.4% | 9.7% |
| Nikkei 225 | 4.60 g | -1.6% | 0.5% | -1.6% |
| Euro STOXX FEZ | 0.88 g | 2.3% | 1.0% | -7.2% |
| HUI | 4.08 g | -0.6% | 4.5% | -1.0% |

Commodity Watch 2019-03-29

| | | Change from | | |
|-----------|---------------|-------------|-----------|----------|
| | Price in Gold | Week ago | Month ago | Year ago |
| Crude Oil | 1.44 g/bbl | 3.1% | 9.2% | -5.3% |
| Platinum | 20.41 g/oz | 0.9% | -0.2% | -7.2% |
| Palladium | 33.37 g/oz | -9.5% | -9.4% | 46.4% |
| Silver | 0.363 g/oz | -1.1% | -1.7% | -5.2% |
| Copper | 70.4 mg/lb | 4.7% | 1.3% | -0.7% |
| Coffee | 22.7 mg/lb | 1.9% | -4.5% | -18.2% |
| Cotton | 18.6 mg/lb | 2.6% | 6.5% | -2.6% |