

**National Currency Watch** 2019-05-10

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
USD	24.2 mg	-0.7%	1.4%	2.5%
CAD	18.0 mg	-0.7%	0.7%	-2.3%
EUR	27.2 mg	-0.2%	1.4%	-3.0%
JPY	0.220 mg	0.8%	2.7%	2.4%
CNY	3.53 mg	-1.1%	0.4%	-4.7%

**Digital Token Watch** 2019-05-10

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
Bitcoin (BTC)	154.15 g	9.9%	21.5%	-27.7%
Ethereum (ETH)	4.18 g	2.4%	-0.5%	-76.5%

**Bond Watch** 2019-05-10

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
US 1-3 Year (SHY)	2.03 g	-1.1%	1.7%	5.8%
US 20+ Year (TLT)	3.01 g	-0.4%	2.0%	10.7%

**Equity Watch** 2019-05-10

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
DJIA	626.91 g	-3.4%	0.6%	7.4%
S&P 500	69.63 g	-3.4%	1.2%	8.4%
Nikkei 225	4.71 g	-2.6%	1.0%	-2.8%
Euro STOXX FEZ	0.91 g	-3.6%	1.2%	-8.2%
HUI	3.57 g	-4.8%	-12.6%	-17.0%

**Commodity Watch** 2019-05-10

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
Crude Oil	1.49 g/bbl	-1.7%	-3.2%	-11.5%
Platinum	20.71 g/oz	-0.4%	-2.4%	-4.9%
Palladium	31.71 g/oz	-4.1%	-4.0%	35.7%
Silver	0.358 g/oz	0.3%	-1.6%	-8.7%
Copper	67.2 mg/lb	-2.8%	-3.5%	-7.9%
Coffee	21.9 mg/lb	-1.0%	-2.3%	-22.2%
Cotton	16.5 mg/lb	-10.7%	-10.6%	-17.1%