

**National Currency Watch** 2019-07-12

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
USD	22.1 mg	-1.3%	-5.3%	-11.5%
CAD	16.9 mg	-0.9%	-3.7%	-10.7%
EUR	24.9 mg	-1.1%	-5.9%	-14.8%
JPY	0.205 mg	-0.9%	-5.0%	-7.9%
CNY	3.18 mg	0.6%	-4.7%	-14.5%

**Digital Token Watch** 2019-07-12

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
Bitcoin (BTC)	261.10 g	6.2%	37.3%	67.9%
Ethereum (ETH)	6.10 g	-5.4%	5.8%	-45.0%

**Bond Watch** 2019-07-12

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
US 1-3 Year (SHY)	1.87 g	-1.3%	-5.2%	-8.2%
US 20+ Year (TLT)	2.88 g	-3.0%	-5.5%	-3.3%

**Equity Watch** 2019-07-12

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
DJIA	603.95 g	0.2%	-0.5%	-2.9%
S&P 500	66.59 g	-0.6%	-0.9%	-4.7%
Nikkei 225	4.44 g	-1.2%	-2.4%	-10.0%
Euro STOXX FEZ	0.85 g	-1.9%	-4.3%	-13.3%
HUI	4.43 g	2.6%	11.1%	1.6%

**Commodity Watch** 2019-07-12

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
Crude Oil	1.33 g/bbl	3.3%	11.4%	-24.2%
Platinum	18.08 g/oz	-3.0%	-4.6%	-13.6%
Palladium	34.34 g/oz	-2.6%	4.8%	46.6%
Silver	0.335 g/oz	-1.8%	-3.1%	-15.4%
Copper	59.6 mg/lb	-0.2%	-3.8%	-13.8%
Coffee	23.6 mg/lb	-5.3%	1.9%	-15.4%
Cotton	13.9 mg/lb	-6.6%	-10.9%	-37.3%