

**National Currency Watch** 2019-08-02

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
USD	21.6 mg	-1.5%	-3.5%	-15.7%
CAD	16.3 mg	-1.9%	-4.4%	-17.1%
EUR	24.0 mg	-1.7%	-5.2%	-19.4%
JPY	0.202 mg	0.5%	-2.1%	-11.8%
CNY	3.11 mg	-1.8%	-3.9%	-16.8%

**Digital Token Watch** 2019-08-02

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
Bitcoin (BTC)	226.91 g	5.0%	-6.0%	17.2%
Ethereum (ETH)	4.70 g	-2.3%	-28.5%	-56.2%

**Bond Watch** 2019-08-02

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
US 1-3 Year (SHY)	1.83 g	-1.2%	-3.3%	-12.3%
US 20+ Year (TLT)	2.94 g	2.5%	-1.0%	-0.4%

**Equity Watch** 2019-08-02

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
DJIA	571.37 g	-4.0%	-4.6%	-11.8%
S&P 500	63.25 g	-4.5%	-4.8%	-12.6%
Nikkei 225	4.27 g	-2.2%	-5.1%	-17.4%
Euro STOXX FEZ	0.79 g	-5.5%	-8.3%	-21.6%
HUI	4.50 g	-0.6%	3.9%	7.7%

**Commodity Watch** 2019-08-02

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
Crude Oil	1.20 g/bbl	-2.4%	-9.2%	-32.0%
Platinum	18.14 g/oz	-4.2%	-2.2%	-13.9%
Palladium	29.97 g/oz	-10.6%	-13.5%	27.1%
Silver	0.349 g/oz	-2.9%	3.0%	-11.6%
Copper	55.4 mg/lb	-5.9%	-7.1%	-20.6%
Coffee	21.2 mg/lb	-3.1%	-13.6%	-22.5%
Cotton	12.8 mg/lb	-9.3%	-13.9%	-43.6%