

**National Currency Watch** 2019-08-09

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
USD	20.8 mg	-3.7%	-7.1%	-18.9%
CAD	15.7 mg	-3.8%	-7.9%	-20.2%
EUR	23.3 mg	-2.9%	-7.1%	-21.5%
JPY	0.197 mg	-2.9%	-4.4%	-14.9%
CNY	2.91 mg	-6.4%	-9.5%	-22.4%

**Digital Token Watch** 2019-08-09

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
Bitcoin (BTC)	246.36 g	8.6%	-12.3%	46.4%
Ethereum (ETH)	4.37 g	-7.0%	-37.2%	-52.3%

**Bond Watch** 2019-08-09

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
US 1-3 Year (SHY)	1.76 g	-3.6%	-6.5%	-15.6%
US 20+ Year (TLT)	2.91 g	-1.2%	-1.6%	-2.7%

**Equity Watch** 2019-08-09

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
DJIA	545.92 g	-4.5%	-8.8%	-16.4%
S&P 500	60.61 g	-4.2%	-9.0%	-17.1%
Nikkei 225	4.07 g	-4.8%	-8.3%	-22.1%
Euro STOXX FEZ	0.76 g	-4.1%	-11.5%	-24.5%
HUI	4.56 g	1.3%	4.7%	11.3%

**Commodity Watch** 2019-08-09

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
Crude Oil	1.13 g/bbl	-5.7%	-12.4%	-33.9%
Platinum	17.92 g/oz	-1.2%	-0.9%	-16.4%
Palladium	29.74 g/oz	-0.8%	-14.4%	29.3%
Silver	0.353 g/oz	1.0%	5.1%	-11.0%
Copper	53.9 mg/lb	-2.8%	-8.3%	-23.7%
Coffee	20.2 mg/lb	-4.6%	-15.9%	-26.7%
Cotton	12.2 mg/lb	-4.6%	-13.5%	-45.3%