

National Currency Watch		2020-05-01			
		Change from			
	Price in Gold	Week ago	Month ago	Year ago	
USD	18.4 mg	1.8%	-6.5%	-23.9%	
CAD	13.1 mg	1.8%	-5.6%	-27.4%	
EUR	20.3 mg	3.6%	-5.8%	-25.4%	
JPY	0.173 mg	2.3%	-6.3%	-20.8%	
CNY	2.66 mg	1.3%	-4.8%	-25.3%	

Digital Token Watch		2020-05-01			
		Change from			
	Price in Gold	Week ago	Month ago	Year ago	
Bitcoin (BTC)	163.51 g	19.5%	25.4%	24.9%	
Ethereum (ETH)	3.95 g	15.2%	53.0%	0.5%	

Bond Watch		2020-05-01			
		Change from			
	Price in Gold	Week ago	Month ago	Year ago	
US 1-3 Year (SHY)	1.60 g	1.7%	-6.4%	-20.0%	
US 20+ Year (TLT)	3.09 g	0.0%	-5.9%	5.4%	

Equity Watch		2020-05-01			
		Change from			
	Price in Gold	Week ago	Month ago	Year ago	
DJIA	437.59 g	1.5%	5.9%	-31.7%	
S&P 500	52.21 g	1.5%	7.1%	-26.3%	
Nikkei 225	3.39 g	4.2%	1.7%	-30.0%	
Euro STOXX (FEZ)	0.56 g	3.5%	1.4%	-39.5%	
HUI	5.10 g	1.3%	34.7%	36.8%	

Commodity Watch		2020-05-01			
		Change from			
	Price in Gold	Week ago	Month ago	Year ago	
Crude Oil	0.363 g/bbl	18.3%	-9.4%	-76.4%	
Platinum	14.11 g/oz	2.0%	0.2%	-34.0%	
Palladium	35.67 g/oz	-1.8%	-19.1%	8.0%	
Silver	0.274 g/oz	-1.4%	-1.0%	-24.0%	
Copper	42.6 mg/lb	-0.3%	-0.5%	-37.1%	
Coffee	19.6 mg/lb	1.1%	-14.5%	-11.3%	
Cotton	10.3 mg/lb	2.1%	7.8%	-44.6%	