

**National Currency Watch** 2022-09-23

	Price in Gold	Change from			
		Week ago	Month ago	Year ago	5 Years ago
USD	18.9 mg	1.3%	6.3%	6.5%	-21.2%
CAD	13.9 mg	-1.0%	1.3%	-0.9%	-28.7%
EUR	18.4 mg	-2.0%	3.3%	-12.0%	-36.1%
JPY	0.132 mg	1.0%	1.0%	-18.2%	-38.5%
CNY	2.58 mg	-1.0%	-0.3%	-4.8%	-28.7%

**Digital Token Watch** 2022-09-23

	Price in Gold	Change from			
		Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	365.20 g	-1.1%	-4.7%	-54.2%	300.9%
Ethereum (ETH)	25.14 g	-6.1%	-13.7%	-53.4%	298.7%
Crypto Index (CCi30)	5,355.18 g	1.5%	-1.8%	-63.3%	80.8%

**Bond Watch** 2022-09-23

	Price in Gold	Change from			
		Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	1.54 g	0.7%	4.8%	1.0%	-19.9%
US 20+ Year (TLT)	2.00 g	0.0%	0.5%	-22.9%	-27.2%

**Equity Watch** 2022-09-23

	Price in Gold	Change from			
		Week ago	Month ago	Year ago	5 Years ago
DJIA	559.99 g	-2.8%	-4.5%	-9.4%	4.3%
S&P 500	69.89 g	-3.4%	-4.9%	-11.6%	16.3%
Nikkei 225	3.59 g	-0.5%	-3.6%	-25.0%	-17.7%
Euro STOXX (FEZ)	0.59 g	-6.5%	-5.2%	-30.4%	-40.2%
HUI	3.40 g	-4.5%	-6.1%	-17.5%	-29.0%

**Commodity Watch** 2022-09-23

	Price in Gold	Change from			
		Week ago	Month ago	Year ago	5 Years ago
Crude Oil	1.490 g/bbl	-6.3%	-10.7%	14.4%	22.4%
Platinum	16.54 g/oz	-0.8%	7.0%	-5.3%	-26.4%
Palladium	39.70 g/oz	1.7%	11.7%	13.8%	80.6%
Silver	0.360 g/oz	1.3%	6.3%	-11.0%	-11.8%
Copper	63.8 mg/lb	-2.9%	-2.6%	-15.2%	-9.2%
Coffee	41.7 mg/lb	2.4%	1.6%	23.2%	29.2%
Cotton	17.9 mg/lb	-5.5%	-13.6%	8.8%	8.7%