

National Currency Watch 2023-03-03

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
USD	16.9 mg	-1.6%	1.9%	4.8%	-28.2%	
CAD	12.4 mg	-1.5%	-0.1%	-2.6%	-32.1%	
EUR	17.9 mg	-1.1%	-0.6%	0.4%	-38.2%	
JPY	0.124 mg	-1.6%	-2.1%	-11.1%	-44.4%	
CNY	2.41 mg	-0.5%	0.9%	-5.7%	-34.9%	

Digital Token Watch 2023-03-03

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Bitcoin (BTC)	377.78 g	-5.2%	-2.9%	-44.8%	39.8%	
Ethereum (ETH)	27.90 g	-0.8%	4.9%	-41.4%	38.4%	
Crypto Index (CCi30)	4,859.48 g	-6.0%	-6.7%	-51.3%	-47.9%	

Bond Watch 2023-03-03

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
US 1-3 Year (SHY)	1.36 g	-1.7%	1.1%	1.9%	-26.2%	
US 20+ Year (TLT)	1.68 g	-0.2%	-2.2%	-23.0%	-33.4%	

Equity Watch 2023-03-03

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
DJIA	564.09 g	0.1%	0.3%	3.6%	-2.3%	
S&P 500	68.35 g	0.2%	-0.4%	-2.8%	8.0%	
Nikkei 225	3.46 g	0.1%	-0.6%	-6.6%	-26.7%	
Euro STOXX (FEZ)	0.74 g	2.0%	2.2%	16.2%	-21.4%	
HUI	3.82 g	4.1%	-5.5%	-19.6%	-6.1%	

Commodity Watch 2023-03-03

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Crude Oil	1.346 g/bbl	2.7%	10.6%	-22.4%	-6.6%	
Platinum	16.52 g/oz	3.7%	-0.9%	-5.5%	-27.4%	
Palladium	24.51 g/oz	2.4%	-9.0%	-45.0%	4.9%	
Silver	0.356 g/oz	-1.6%	-8.5%	-12.7%	-7.9%	
Copper	68.9 mg/lb	1.5%	2.2%	-10.6%	-5.6%	
Coffee	30.5 mg/lb	-7.0%	6.6%	-15.5%	6.3%	
Cotton	14.3 mg/lb	-2.5%	0.6%	-28.4%	-26.2%	