

National Currency Watch 2023-07-21

| | | Change from | | | | |
|-----|---------------|-------------|-----------|----------|-------------|--|
| | Price in Gold | Week ago | Month ago | Year ago | 5 Years ago | |
| USD | 15.9 mg | -0.4% | -1.8% | -13.0% | -37.3% | |
| CAD | 12.0 mg | -0.3% | -2.1% | -15.2% | -37.7% | |
| EUR | 17.6 mg | -1.4% | -0.4% | -5.1% | -40.5% | |
| JPY | 0.112 mg | -2.5% | -1.6% | -15.4% | -50.5% | |
| CNY | 2.18 mg | -1.0% | -1.9% | -19.3% | -41.8% | |

Digital Token Watch 2023-07-21

| | | Change from | | | | |
|----------------------|---------------|-------------|-----------|----------|-------------|--|
| | Price in Gold | Week ago | Month ago | Year ago | 5 Years ago | |
| Bitcoin (BTC) | 474.57 g | -1.7% | -2.4% | 12.3% | 152.7% | |
| Ethereum (ETH) | 30.01 g | -2.6% | 4.0% | 8.5% | 163.0% | |
| Crypto Index (CCi30) | 5,091.94 g | -0.3% | 10.2% | -9.7% | -7.4% | |

Bond Watch 2023-07-21

| | | Change from | | | | |
|-------------------|---------------|-------------|-----------|----------|-------------|--|
| | Price in Gold | Week ago | Month ago | Year ago | 5 Years ago | |
| US 1-3 Year (SHY) | 1.29 g | -0.4% | -1.7% | -12.8% | -35.4% | |
| US 20+ Year (TLT) | 1.61 g | 0.1% | -3.5% | -22.4% | -42.4% | |

Equity Watch 2023-07-21

| | | Change from | | | | |
|------------------|---------------|-------------|-----------|----------|-------------|--|
| | Price in Gold | Week ago | Month ago | Year ago | 5 Years ago | |
| DJIA | 558.86 g | 1.7% | 1.9% | -4.4% | -11.9% | |
| S&P 500 | 71.97 g | 0.3% | 2.1% | -1.3% | 1.5% | |
| Nikkei 225 | 3.62 g | -2.7% | -5.3% | -1.7% | -29.6% | |
| Euro STOXX (FEZ) | 0.74 g | -1.0% | 1.5% | 15.5% | -25.5% | |
| HUI | 3.87 g | -1.4% | 3.1% | 4.4% | -11.1% | |

Commodity Watch 2023-07-21

| | | Change from | | | | |
|-----------|---------------|-------------|-----------|----------|-------------|--|
| | Price in Gold | Week ago | Month ago | Year ago | 5 Years ago | |
| Crude Oil | 1.223 g/bbl | 1.8% | 4.4% | -30.4% | -31.4% | |
| Platinum | 15.25 g/oz | -2.0% | -0.5% | -3.8% | -26.9% | |
| Palladium | 20.59 g/oz | 2.1% | -5.1% | -39.8% | -8.8% | |
| Silver | 0.392 g/oz | -0.5% | 5.3% | 17.8% | 0.8% | |
| Copper | 60.3 mg/lb | -3.4% | -4.5% | 0.1% | -13.2% | |
| Coffee | 25.7 mg/lb | -0.4% | -7.6% | -34.8% | -8.3% | |
| Cotton | 13.5 mg/lb | 2.6% | 5.4% | -25.7% | -38.8% | |