

**National Currency Watch** 2023-08-04

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
USD	16.0 mg	0.6%	-0.8%	-8.2%	-37.4%	
CAD	12.0 mg	-0.1%	-1.5%	-11.4%	-39.0%	
EUR	17.7 mg	0.7%	0.5%	-0.8%	-40.4%	
JPY	0.113 mg	-0.1%	1.1%	-13.8%	-50.9%	
CNY	2.20 mg	0.3%	-0.8%	-14.9%	-41.0%	

**Digital Token Watch** 2023-08-04

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Bitcoin (BTC)	465.77 g	-0.2%	-6.2%	18.0%	159.0%	
Ethereum (ETH)	29.50 g	-0.7%	-6.4%	3.2%	175.8%	
Crypto Index (CCi30)	4,837.16 g	-3.2%	-1.9%	-12.9%	-0.2%	

**Bond Watch** 2023-08-04

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
US 1-3 Year (SHY)	1.30 g	0.8%	-0.1%	-8.0%	-35.4%	
US 20+ Year (TLT)	1.55 g	-2.7%	-6.2%	-24.0%	-44.7%	

**Equity Watch** 2023-08-04

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
DJIA	561.49 g	-0.5%	1.1%	-1.6%	-13.8%	
S&P 500	71.70 g	-1.7%	-0.3%	-1.0%	-1.3%	
Nikkei 225	3.63 g	-1.8%	-2.6%	-0.7%	-29.9%	
Euro STOXX (FEZ)	0.72 g	-3.2%	-2.3%	12.9%	-27.7%	
HUI	3.67 g	-2.9%	-4.3%	1.9%	-12.9%	

**Commodity Watch** 2023-08-04

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Crude Oil	1.326 g/bbl	3.4%	17.8%	-14.1%	-24.3%	
Platinum	14.72 g/oz	-0.9%	-0.6%	-7.8%	-30.8%	
Palladium	20.14 g/oz	2.0%	0.6%	-44.4%	-14.4%	
Silver	0.375 g/oz	-2.6%	1.2%	6.2%	-4.4%	
Copper	61.6 mg/lb	-1.2%	1.0%	1.4%	-12.5%	
Coffee	25.8 mg/lb	2.8%	-1.5%	-32.5%	-6.2%	
Cotton	13.7 mg/lb	0.9%	1.4%	-21.8%	-39.4%	