

**National Currency Watch** 2023-11-10

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
USD	16.0 mg	2.7%	-4.4%	-10.1%	-37.6%	
CAD	11.6 mg	1.7%	-5.9%	-13.2%	-40.4%	
EUR	17.1 mg	2.2%	-3.8%	-5.7%	-41.3%	
JPY	0.106 mg	1.2%	-6.3%	-16.1%	-53.2%	
CNY	2.13 mg	1.4%	-4.3%	-14.1%	-41.8%	

**Digital Token Watch** 2023-11-10

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Bitcoin (BTC)	598.22 g	10.4%	30.4%	90.8%	263.5%	
Ethereum (ETH)	33.82 g	19.8%	27.0%	69.5%	527.1%	
Crypto Index (CCi30)	5,920.68 g	16.3%	32.3%	27.9%	53.4%	

**Bond Watch** 2023-11-10

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
US 1-3 Year (SHY)	1.30 g	2.5%	-4.1%	-8.1%	-35.5%	
US 20+ Year (TLT)	1.41 g	3.1%	-2.9%	-17.2%	-47.1%	

**Equity Watch** 2023-11-10

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
DJIA	549.18 g	3.4%	-2.8%	-8.6%	-17.7%	
S&P 500	70.73 g	4.1%	-3.1%	0.3%	-0.9%	
Nikkei 225	3.44 g	3.2%	-3.8%	-0.4%	-31.5%	
Euro STOXX (FEZ)	0.69 g	3.6%	-2.5%	2.9%	-24.5%	
HUI	3.36 g	-5.3%	-5.7%	-16.2%	-8.7%	

**Commodity Watch** 2023-11-10

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Crude Oil	1.236 g/bbl	-1.5%	-14.1%	-19.8%	-20.0%	
Platinum	13.66 g/oz	-5.9%	-7.9%	-24.7%	-38.0%	
Palladium	15.54 g/oz	-10.2%	-17.8%	-54.0%	-46.1%	
Silver	0.360 g/oz	2.1%	-0.9%	-4.2%	-2.1%	
Copper	57.4 mg/lb	0.2%	-5.6%	-15.2%	-16.8%	
Coffee	28.0 mg/lb	4.9%	13.1%	-8.3%	-4.4%	
Cotton	12.4 mg/lb	-0.2%	-13.5%	-19.6%	-38.2%	