

National Currency Watch 2024-03-01

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
USD	15.2 mg	-1.1%	-0.2%	-10.2%	-36.0%	
CAD	11.2 mg	-1.5%	-1.5%	-9.8%	-37.5%	
EUR	16.4 mg	-1.0%	-0.5%	-8.8%	-39.1%	
JPY	0.101 mg	-0.9%	-2.7%	-18.6%	-52.3%	
CNY	2.07 mg	-0.9%	-0.3%	-14.1%	-40.9%	

Digital Token Watch 2024-03-01

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Bitcoin (BTC)	947.26 g	21.4%	44.7%	137.1%	935.2%	
Ethereum (ETH)	52.07 g	16.0%	48.8%	90.2%	1,515.0%	
Crypto Index (CCi30)	8,937.86 g	17.9%	38.5%	73.8%	340.6%	

Bond Watch 2024-03-01

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
US 1-3 Year (SHY)	1.24 g	-1.1%	-0.5%	-6.3%	-33.5%	
US 20+ Year (TLT)	1.43 g	-0.5%	-4.0%	-12.9%	-44.3%	

Equity Watch 2024-03-01

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
DJIA	593.11 g	-1.2%	1.3%	7.5%	-3.9%	
S&P 500	77.95 g	-0.2%	4.5%	16.8%	17.3%	
Nikkei 225	4.03 g	1.1%	7.8%	18.1%	-11.9%	
Euro STOXX (FEZ)	0.77 g	-0.2%	4.9%	6.1%	-11.2%	
HUI	3.20 g	0.9%	-7.3%	-15.1%	-18.1%	

Commodity Watch 2024-03-01

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Crude Oil	1.213 g/bbl	3.4%	8.1%	-7.5%	-8.3%	
Platinum	13.23 g/oz	-4.6%	-4.0%	-18.4%	-35.3%	
Palladium	14.19 g/oz	-5.0%	-2.0%	-40.7%	-61.5%	
Silver	0.345 g/oz	-1.1%	0.0%	-2.8%	-6.5%	
Copper	58.5 mg/lb	-1.8%	-0.1%	-16.9%	-15.9%	
Coffee	29.4 mg/lb	0.4%	-0.4%	-6.1%	23.8%	
Cotton	14.8 mg/lb	1.6%	12.6%	3.6%	-15.4%	