

National Currency Watch 2024-03-08

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
USD	14.3 mg	-5.6%	-6.6%	-16.3%	-40.3%	
CAD	10.6 mg	-5.1%	-6.7%	-14.4%	-40.5%	
EUR	15.7 mg	-4.7%	-5.1%	-13.3%	-41.8%	
JPY	0.097 mg	-3.6%	-5.1%	-22.1%	-54.9%	
CNY	1.98 mg	-4.4%	-4.7%	-17.7%	-44.2%	

Digital Token Watch 2024-03-08

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Bitcoin (BTC)	978.65 g	3.3%	40.8%	163.1%	945.9%	
Ethereum (ETH)	55.78 g	7.1%	50.3%	109.7%	1,569.9%	
Crypto Index (CCi30)	9,649.78 g	8.0%	42.5%	105.8%	364.8%	

Bond Watch 2024-03-08

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
US 1-3 Year (SHY)	1.17 g	-5.4%	-6.6%	-12.6%	-38.2%	
US 20+ Year (TLT)	1.37 g	-4.3%	-4.9%	-19.3%	-48.9%	

Equity Watch 2024-03-08

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
DJIA	554.72 g	-6.5%	-6.6%	-1.2%	-9.1%	
S&P 500	73.40 g	-5.8%	-4.2%	7.4%	11.6%	
Nikkei 225	3.87 g	-4.1%	2.2%	8.7%	-14.8%	
Euro STOXX (FEZ)	0.74 g	-4.0%	-0.3%	-0.2%	-14.2%	
HUI	3.28 g	2.4%	0.3%	-9.8%	-19.7%	

Commodity Watch 2024-03-08

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Crude Oil	1.118 g/bbl	-7.9%	-4.4%	-14.9%	-17.8%	
Platinum	13.14 g/oz	-0.7%	-2.4%	-18.7%	-33.0%	
Palladium	14.94 g/oz	5.3%	10.6%	-38.0%	-58.7%	
Silver	0.351 g/oz	1.8%	2.4%	1.9%	-3.2%	
Copper	55.7 mg/lb	-4.9%	-2.0%	-19.6%	-19.8%	
Coffee	27.4 mg/lb	-6.8%	-5.3%	-10.8%	16.1%	
Cotton	13.6 mg/lb	-7.8%	-0.1%	-3.5%	-22.6%	