

National Currency Watch 2024-03-15

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
USD	14.4 mg	0.4%	-7.4%	-11.1%	-39.7%	
CAD	10.6 mg	-0.1%	-7.8%	-9.4%	-40.7%	
EUR	15.6 mg	-0.1%	-6.3%	-8.1%	-42.1%	
JPY	0.096 mg	-1.0%	-6.7%	-20.8%	-54.9%	
CNY	1.97 mg	-0.3%	-5.1%	-15.8%	-44.0%	

Digital Token Watch 2024-03-15

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Bitcoin (BTC)	999.16 g	2.1%	23.9%	153.5%	957.2%	
Ethereum (ETH)	53.75 g	-3.6%	22.5%	93.5%	1,574.3%	
Crypto Index (CCi30)	9,964.15 g	3.3%	29.5%	114.6%	356.2%	

Bond Watch 2024-03-15

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
US 1-3 Year (SHY)	1.17 g	0.0%	-7.7%	-9.3%	-37.9%	
US 20+ Year (TLT)	1.34 g	-2.6%	-7.7%	-20.0%	-50.0%	

Equity Watch 2024-03-15

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
DJIA	556.59 g	0.3%	-7.5%	8.0%	-9.8%	
S&P 500	73.57 g	0.2%	-5.8%	16.9%	9.2%	
Nikkei 225	3.73 g	-3.4%	-5.4%	12.6%	-18.6%	
Euro STOXX (FEZ)	0.75 g	1.0%	-1.7%	11.9%	-15.6%	
HUI	3.35 g	2.1%	3.8%	-10.4%	-17.2%	

Commodity Watch 2024-03-15

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Crude Oil	1.165 g/bbl	4.3%	-3.8%	6.6%	-16.6%	
Platinum	13.37 g/oz	1.8%	-3.8%	-14.3%	-32.6%	
Palladium	15.50 g/oz	3.7%	3.8%	-33.3%	-58.2%	
Silver	0.363 g/oz	3.3%	3.3%	1.5%	-1.0%	
Copper	59.1 mg/lb	6.2%	1.4%	-5.2%	-14.7%	
Coffee	26.3 mg/lb	-4.1%	-10.5%	-8.7%	12.6%	
Cotton	13.5 mg/lb	-1.1%	-8.0%	5.6%	-25.0%	