

**National Currency Watch** 2024-05-10

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
USD	13.1 mg	-3.3%	-1.7%	-14.1%	-45.7%	
CAD	9.6 mg	-3.2%	-1.5%	-16.0%	-46.7%	
EUR	14.1 mg	-3.2%	-1.3%	-15.7%	-48.0%	
JPY	0.084 mg	-5.1%	-3.5%	-25.9%	-61.8%	
CNY	1.81 mg	-1.1%	0.7%	-18.2%	-48.8%	

**Digital Token Watch** 2024-05-10

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Bitcoin (BTC)	798.26 g	-6.3%	-15.1%	89.2%	417.9%	
Ethereum (ETH)	38.14 g	-9.7%	-19.2%	34.8%	826.0%	
Crypto Index (CCi30)	7,436.54 g	-5.9%	-17.6%	63.9%	168.0%	

**Bond Watch** 2024-05-10

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
US 1-3 Year (SHY)	1.07 g	-3.3%	-1.1%	-12.2%	-44.3%	
US 20+ Year (TLT)	1.18 g	-3.0%	-1.8%	-23.2%	-57.5%	

**Equity Watch** 2024-05-10

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
DJIA	518.02 g	-1.2%	1.0%	1.2%	-17.4%	
S&P 500	68.47 g	-1.5%	-0.5%	8.4%	-1.7%	
Nikkei 225	3.22 g	-5.1%	-6.8%	-2.8%	-31.7%	
Euro STOXX (FEZ)	0.70 g	0.2%	1.6%	-0.7%	-23.3%	
HUI	3.58 g	1.4%	2.0%	-14.9%	0.4%	

**Commodity Watch** 2024-05-10

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Crude Oil	1.026 g/bbl	-3.1%	-10.7%	-7.4%	-31.1%	
Platinum	12.98 g/oz	-0.6%	0.5%	-24.3%	-37.3%	
Palladium	13.03 g/oz	0.8%	-7.3%	-47.3%	-58.9%	
Silver	0.375 g/oz	4.5%	0.3%	-3.6%	5.0%	
Copper	61.5 mg/lb	-0.8%	7.8%	5.3%	-8.4%	
Coffee	26.8 mg/lb	-4.0%	-6.4%	-6.4%	22.1%	
Cotton	10.1 mg/lb	-3.4%	-10.9%	-17.8%	-38.7%	