

**National Currency Watch** 2024-05-24

	Price in Gold	Change from				
		Week ago	Month ago	Year ago	5 Years ago	
USD	13.3 mg	2.6%	-1.0%	-15.9%	-45.3%	
CAD	9.7 mg	2.2%	-0.5%	-16.3%	-46.0%	
EUR	14.4 mg	2.3%	0.5%	-15.3%	-47.0%	
JPY	0.085 mg	1.7%	-2.1%	-25.5%	-61.9%	
CNY	1.82 mg	1.9%	-0.4%	-18.3%	-47.5%	

**Digital Token Watch** 2024-05-24

	Price in Gold	Change from				
		Week ago	Month ago	Year ago	5 Years ago	
Bitcoin (BTC)	909.99 g	4.8%	5.6%	118.8%	369.8%	
Ethereum (ETH)	49.48 g	23.5%	17.6%	69.0%	730.3%	
Crypto Index (CCi30)	8,386.40 g	6.8%	6.1%	83.3%	127.9%	

**Bond Watch** 2024-05-24

	Price in Gold	Change from				
		Week ago	Month ago	Year ago	5 Years ago	
US 1-3 Year (SHY)	1.08 g	2.5%	-0.5%	-13.3%	-43.9%	
US 20+ Year (TLT)	1.21 g	2.5%	2.4%	-21.1%	-57.6%	

**Equity Watch** 2024-05-24

	Price in Gold	Change from				
		Week ago	Month ago	Year ago	5 Years ago	
DJIA	518.72 g	0.2%	0.6%	0.1%	-16.4%	
S&P 500	70.43 g	2.6%	3.6%	8.4%	2.8%	
Nikkei 225	3.27 g	1.3%	-1.6%	-6.2%	-30.2%	
Euro STOXX (FEZ)	0.71 g	1.9%	2.6%	0.4%	-21.9%	
HUI	3.67 g	-1.3%	6.8%	-5.2%	1.4%	

**Commodity Watch** 2024-05-24

	Price in Gold	Change from				
		Week ago	Month ago	Year ago	5 Years ago	
Crude Oil	1.032 g/bbl	-0.4%	-7.0%	-12.1%	-27.4%	
Platinum	13.61 g/oz	-1.3%	12.2%	-17.3%	-29.9%	
Palladium	12.85 g/oz	0.4%	-5.2%	-42.9%	-60.1%	
Silver	0.406 g/oz	5.7%	11.7%	9.8%	15.1%	
Copper	63.4 mg/lb	-3.1%	5.9%	13.1%	-3.0%	
Coffee	29.0 mg/lb	7.5%	-5.4%	-2.4%	28.1%	
Cotton	10.7 mg/lb	8.8%	0.3%	-17.2%	-35.5%	