

**National Currency Watch** 2024-06-14

	Price in Gold	Change from				
		Week ago	Month ago	Year ago	5 Years ago	
USD	13.3 mg	-0.8%	1.0%	-16.1%	-42.0%	
CAD	9.7 mg	-0.7%	0.5%	-18.8%	-43.5%	
EUR	14.3 mg	-1.8%	0.0%	-17.3%	-44.7%	
JPY	0.085 mg	-1.3%	0.5%	-25.6%	-60.0%	
CNY	1.83 mg	2.7%	1.3%	-17.4%	-44.4%	

**Digital Token Watch** 2024-06-14

	Price in Gold	Change from				
		Week ago	Month ago	Year ago	5 Years ago	
Bitcoin (BTC)	881.02 g	-5.6%	8.3%	120.6%	340.3%	
Ethereum (ETH)	46.43 g	-6.2%	22.0%	68.0%	678.5%	
Crypto Index (CCi30)	7,690.10 g	-8.0%	4.3%	90.6%	99.3%	

**Bond Watch** 2024-06-14

	Price in Gold	Change from				
		Week ago	Month ago	Year ago	5 Years ago	
US 1-3 Year (SHY)	1.09 g	-0.4%	1.7%	-12.7%	-40.5%	
US 20+ Year (TLT)	1.26 g	2.6%	5.3%	-19.7%	-54.8%	

**Equity Watch** 2024-06-14

	Price in Gold	Change from				
		Week ago	Month ago	Year ago	5 Years ago	
DJIA	515.03 g	-1.4%	-1.4%	-4.7%	-14.2%	
S&P 500	72.49 g	0.7%	4.6%	4.2%	9.1%	
Nikkei 225	3.29 g	-0.9%	1.7%	-13.8%	-26.5%	
Euro STOXX (FEZ)	0.67 g	-5.7%	-4.6%	-8.1%	-22.2%	
HUI	3.50 g	-1.2%	-3.5%	-8.9%	-12.5%	

**Commodity Watch** 2024-06-14

	Price in Gold	Change from				
		Week ago	Month ago	Year ago	5 Years ago	
Crude Oil	1.047 g/bbl	3.0%	1.6%	-3.6%	-13.4%	
Platinum	12.67 g/oz	-4.1%	-5.5%	-18.6%	-31.7%	
Palladium	11.88 g/oz	-3.8%	-7.4%	-46.5%	-64.3%	
Silver	0.390 g/oz	-4.3%	3.8%	2.9%	12.7%	
Copper	60.7 mg/lb	0.4%	-7.2%	-1.2%	0.4%	
Coffee	29.9 mg/lb	-1.1%	11.7%	2.0%	35.4%	
Cotton	9.5 mg/lb	-4.7%	-3.9%	-27.2%	-37.6%	