

National Currency Watch 2024-07-05

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
USD	13.1 mg	-2.0%	-1.6%	-19.1%	-41.6%	
CAD	9.6 mg	-1.8%	-1.2%	-21.3%	-43.9%	
EUR	14.2 mg	-1.0%	-2.0%	-19.4%	-43.7%	
JPY	0.081 mg	-2.0%	-4.6%	-27.3%	-60.6%	
CNY	1.79 mg	-1.6%	-1.1%	-19.2%	-43.3%	

Digital Token Watch 2024-07-05

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Bitcoin (BTC)	741.81 g	-7.8%	-21.6%	50.6%	201.7%	
Ethereum (ETH)	39.02 g	-13.4%	-24.2%	24.8%	523.8%	
Crypto Index (CCi30)	6,375.57 g	-11.1%	-26.5%	31.1%	60.5%	

Bond Watch 2024-07-05

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
US 1-3 Year (SHY)	1.07 g	-1.7%	-1.1%	-15.4%	-39.9%	
US 20+ Year (TLT)	1.21 g	-1.2%	-2.5%	-23.7%	-55.8%	

Equity Watch 2024-07-05

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
DJIA	514.80 g	-1.4%	-0.2%	-7.1%	-14.6%	
S&P 500	72.78 g	-0.1%	2.3%	1.3%	8.7%	
Nikkei 225	3.32 g	1.2%	1.5%	-10.7%	-26.0%	
Euro STOXX (FEZ)	0.67 g	1.0%	-5.3%	-7.5%	-21.8%	
HUI	3.71 g	3.9%	2.7%	-0.3%	-14.1%	

Commodity Watch 2024-07-05

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Crude Oil	1.087 g/bbl	-0.1%	10.4%	-6.3%	-15.6%	
Platinum	13.37 g/oz	-1.0%	1.7%	-9.7%	-28.2%	
Palladium	13.41 g/oz	3.4%	9.6%	-33.4%	-62.0%	
Silver	0.400 g/oz	2.0%	1.6%	8.5%	17.4%	
Copper	60.9 mg/lb	4.0%	-0.8%	0.4%	2.1%	
Coffee	30.1 mg/lb	-1.4%	-2.3%	15.7%	21.0%	
Cotton	8.8 mg/lb	-5.5%	-11.1%	-34.0%	-40.7%	