

**National Currency Watch** 2024-07-12

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
USD	12.9 mg	-1.2%	-3.3%	-18.8%	-41.5%	
CAD	9.5 mg	-1.1%	-2.9%	-21.4%	-44.0%	
EUR	14.1 mg	-0.4%	-2.8%	-20.5%	-43.3%	
JPY	0.082 mg	0.7%	-4.6%	-28.9%	-60.0%	
CNY	1.77 mg	-1.5%	-3.5%	-20.2%	-44.5%	

**Digital Token Watch** 2024-07-12

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Bitcoin (BTC)	748.23 g	0.9%	-18.0%	54.5%	186.6%	
Ethereum (ETH)	40.49 g	3.8%	-14.9%	34.0%	584.9%	
Crypto Index (CCi30)	6,635.82 g	4.1%	-17.8%	39.1%	76.2%	

**Bond Watch** 2024-07-12

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
US 1-3 Year (SHY)	1.06 g	-0.8%	-2.4%	-15.2%	-39.5%	
US 20+ Year (TLT)	1.21 g	0.3%	-1.9%	-22.0%	-54.1%	

**Equity Watch** 2024-07-12

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
DJIA	516.93 g	0.4%	-0.1%	-5.5%	-14.4%	
S&P 500	72.57 g	-0.3%	0.1%	1.9%	9.0%	
Nikkei 225	3.37 g	1.4%	1.1%	-8.3%	-24.0%	
Euro STOXX (FEZ)	0.68 g	0.3%	-4.6%	-8.5%	-20.1%	
HUI	3.89 g	4.7%	9.2%	-1.0%	-12.3%	

**Commodity Watch** 2024-07-12

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Crude Oil	1.062 g/bbl	-2.3%	1.2%	-11.9%	-20.1%	
Platinum	12.82 g/oz	-4.2%	-1.3%	-14.7%	-29.1%	
Palladium	12.50 g/oz	-6.8%	1.5%	-38.6%	-63.6%	
Silver	0.397 g/oz	-0.7%	1.1%	7.6%	18.7%	
Copper	59.4 mg/lb	-2.4%	-3.0%	-2.9%	-0.2%	
Coffee	32.4 mg/lb	7.5%	7.9%	28.0%	37.3%	
Cotton	8.9 mg/lb	1.2%	-7.1%	-32.2%	-35.7%	