

**National Currency Watch** 2024-08-09

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
USD	12.8 mg	1.8%	-2.4%	-20.8%	-38.3%	
CAD	9.3 mg	2.8%	-3.1%	-22.5%	-40.5%	
EUR	14.0 mg	1.8%	-1.5%	-21.2%	-39.9%	
JPY	0.087 mg	1.9%	7.3%	-22.4%	-55.5%	
CNY	1.79 mg	1.8%	-0.5%	-18.8%	-38.5%	

**Digital Token Watch** 2024-08-09

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Bitcoin (BTC)	780.52 g	0.9%	2.5%	63.1%	216.8%	
Ethereum (ETH)	33.34 g	-11.2%	-17.2%	11.2%	625.8%	
Crypto Index (CCi30)	6,261.11 g	-2.8%	-5.6%	25.0%	109.4%	

**Bond Watch** 2024-08-09

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
US 1-3 Year (SHY)	1.06 g	1.5%	-1.1%	-16.7%	-35.8%	
US 20+ Year (TLT)	1.23 g	-0.3%	1.7%	-19.1%	-54.0%	

**Equity Watch** 2024-08-09

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
DJIA	506.11 g	1.1%	-1.9%	-10.9%	-7.3%	
S&P 500	68.48 g	1.7%	-6.5%	-5.2%	13.0%	
Nikkei 225	3.06 g	-0.6%	-9.6%	-15.6%	-24.7%	
Euro STOXX (FEZ)	0.63 g	2.6%	-5.9%	-14.7%	-17.2%	
HUI	3.68 g	-0.4%	-1.2%	0.6%	-19.3%	

**Commodity Watch** 2024-08-09

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Crude Oil	0.985 g/bbl	6.3%	-7.9%	-27.9%	-13.0%	
Platinum	11.85 g/oz	-3.2%	-9.4%	-18.0%	-33.9%	
Palladium	11.81 g/oz	3.8%	-10.3%	-40.2%	-60.3%	
Silver	0.353 g/oz	-3.1%	-13.4%	-3.8%	0.1%	
Copper	51.0 mg/lb	-0.8%	-15.2%	-16.3%	-5.3%	
Coffee	30.0 mg/lb	3.3%	-9.4%	15.3%	48.4%	
Cotton	8.6 mg/lb	1.6%	-5.3%	-38.3%	-29.7%	