

National Currency Watch 2024-08-16

	Price in Gold	Change from			
		Week ago	Month ago	Year ago	5 Years ago
USD	12.5 mg	-2.4%	-1.7%	-23.4%	-39.0%
CAD	9.1 mg	-2.1%	-1.8%	-24.3%	-40.8%
EUR	13.8 mg	-1.6%	-0.7%	-22.6%	-39.6%
JPY	0.085 mg	-3.3%	5.3%	-24.5%	-56.2%
CNY	1.77 mg	-1.2%	0.6%	-19.3%	-38.9%

Digital Token Watch 2024-08-16

	Price in Gold	Change from			
		Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	736.76 g	-5.6%	-11.2%	56.9%	246.0%
Ethereum (ETH)	32.44 g	-2.7%	-26.1%	8.7%	738.5%
Crypto Index (CCi30)	5,938.03 g	-5.2%	-18.2%	24.3%	122.6%

Bond Watch 2024-08-16

	Price in Gold	Change from			
		Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	1.03 g	-2.3%	-0.7%	-19.2%	-36.7%
US 20+ Year (TLT)	1.22 g	-1.2%	1.7%	-17.9%	-56.0%

Equity Watch 2024-08-16

	Price in Gold	Change from			
		Week ago	Month ago	Year ago	5 Years ago
DJIA	508.75 g	0.5%	-2.4%	-10.4%	-4.3%
S&P 500	69.50 g	1.5%	-3.7%	-3.4%	17.2%
Nikkei 225	3.22 g	5.1%	-2.9%	-9.5%	-18.3%
Euro STOXX (FEZ)	0.64 g	1.9%	-2.9%	-11.9%	-13.4%
HUI	3.91 g	6.1%	-1.2%	10.4%	-11.0%

Commodity Watch 2024-08-16

	Price in Gold	Change from			
		Week ago	Month ago	Year ago	5 Years ago
Crude Oil	0.959 g/bbl	-2.6%	-6.7%	-26.0%	-14.8%
Platinum	11.94 g/oz	0.7%	-4.5%	-17.6%	-30.2%
Palladium	11.80 g/oz	-0.1%	-1.3%	-40.7%	-60.6%
Silver	0.352 g/oz	-0.4%	-10.4%	-5.0%	-0.1%
Copper	51.8 mg/lb	1.5%	-8.5%	-13.2%	-2.5%
Coffee	30.7 mg/lb	2.4%	-1.0%	26.3%	61.1%
Cotton	8.3 mg/lb	-3.3%	-7.2%	-40.3%	-32.6%