

**National Currency Watch** 2024-08-30

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
USD	12.4 mg	-0.1%	-4.9%	-22.5%	-39.2%	
CAD	9.2 mg	0.0%	-2.5%	-22.3%	-40.2%	
EUR	13.7 mg	-1.2%	-2.8%	-21.6%	-39.0%	
JPY	0.085 mg	-1.0%	-0.3%	-22.6%	-55.9%	
CNY	1.74 mg	-0.4%	-2.7%	-19.4%	-38.2%	

**Digital Token Watch** 2024-08-30

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Bitcoin (BTC)	732.08 g	-7.7%	-15.0%	67.9%	274.8%	
Ethereum (ETH)	31.28 g	-8.6%	-26.6%	12.2%	813.7%	
Crypto Index (CCi30)	5,939.67 g	-9.1%	-18.5%	33.9%	146.3%	

**Bond Watch** 2024-08-30

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
US 1-3 Year (SHY)	1.02 g	-0.1%	-3.9%	-18.2%	-36.6%	
US 20+ Year (TLT)	1.19 g	-2.0%	-2.2%	-19.8%	-56.9%	

**Equity Watch** 2024-08-30

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
DJIA	514.36 g	0.9%	-3.0%	-7.7%	-4.3%	
S&P 500	69.90 g	0.2%	-1.2%	-3.1%	17.4%	
Nikkei 225	3.27 g	-0.3%	0.0%	-7.5%	-17.6%	
Euro STOXX (FEZ)	0.65 g	-0.1%	0.1%	-9.8%	-12.9%	
HUI	3.88 g	-2.0%	0.3%	5.5%	-16.6%	

**Commodity Watch** 2024-08-30

		Change from				
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Crude Oil	0.910 g/bbl	-1.8%	-6.4%	-30.2%	-18.8%	
Platinum	11.63 g/oz	-0.9%	-6.6%	-26.0%	-39.1%	
Palladium	12.13 g/oz	3.9%	4.4%	-38.6%	-61.4%	
Silver	0.365 g/oz	0.0%	0.5%	-7.2%	-2.5%	
Copper	51.3 mg/lb	-1.3%	-3.0%	-15.1%	-1.2%	
Coffee	30.7 mg/lb	-1.3%	2.3%	25.4%	55.8%	
Cotton	8.6 mg/lb	-2.2%	-2.6%	-38.7%	-27.9%	