

National Currency Watch 2023-07-14

	Price in Gold	Change from			
		Week ago	Month ago	Year ago	5 Years ago
USD	15.9 mg	-1.6%	0.1%	-12.9%	-36.4%
CAD	12.0 mg	-1.2%	0.6%	-13.3%	-36.7%
EUR	17.9 mg	0.8%	3.7%	-2.1%	-38.8%
JPY	0.115 mg	0.8%	0.7%	-12.6%	-48.5%
CNY	2.20 mg	-1.0%	-0.8%	-17.3%	-40.9%

Digital Token Watch 2023-07-14

	Price in Gold	Change from			
		Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	500.63 g	2.1%	25.4%	33.1%	218.4%
Ethereum (ETH)	30.82 g	1.9%	11.5%	53.5%	183.5%
Crypto Index (CCi30)	5,109.05 g	5.8%	26.7%	5.7%	3.9%

Bond Watch 2023-07-14

	Price in Gold	Change from			
		Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	1.29 g	-1.2%	0.4%	-12.5%	-34.4%
US 20+ Year (TLT)	1.61 g	0.6%	-0.6%	-21.9%	-42.8%

Equity Watch 2023-07-14

	Price in Gold	Change from			
		Week ago	Month ago	Year ago	5 Years ago
DJIA	549.39 g	0.7%	1.7%	-1.9%	-12.3%
S&P 500	71.73 g	0.8%	3.1%	3.5%	2.2%
Nikkei 225	3.72 g	0.8%	-2.7%	6.2%	-26.2%
Euro STOXX (FEZ)	0.75 g	4.2%	2.2%	24.7%	-23.7%
HUI	3.93 g	6.3%	2.3%	4.9%	-9.7%

Commodity Watch 2023-07-14

	Price in Gold	Change from			
		Week ago	Month ago	Year ago	5 Years ago
Crude Oil	1.201 g/bbl	0.5%	10.6%	-31.5%	-32.5%
Platinum	15.55 g/oz	6.0%	0.0%	2.3%	-25.3%
Palladium	20.17 g/oz	0.6%	-9.1%	-42.5%	-14.7%
Silver	0.394 g/oz	7.3%	4.1%	14.9%	-0.4%
Copper	62.4 mg/lb	2.4%	1.6%	5.7%	-10.0%
Coffee	25.8 mg/lb	-2.1%	-12.1%	-29.2%	-6.3%
Cotton	13.2 mg/lb	0.0%	1.2%	-21.3%	-40.2%