

National Currency Watch 2022-12-30

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
USD	17.1 mg	-0.7%	-3.3%	-0.4%	-28.8%
CAD	12.7 mg	-0.5%	-3.3%	-6.0%	-34.2%
EUR	18.3 mg	-0.2%	0.2%	-6.2%	-36.7%
JPY	0.130 mg	0.0%	2.2%	-13.1%	-39.2%
CNY	2.44 mg	-0.8%	-1.0%	-9.7%	-33.2%

Digital Token Watch 2022-12-30

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	284.71 g	-1.9%	-6.5%	-65.0%	-8.8%
Ethereum (ETH)	20.57 g	-2.4%	-4.8%	-67.3%	13.3%
Crypto Index (CCi30)	3,718.29 g	-3.7%	-16.6%	-73.3%	-70.9%

Bond Watch 2022-12-30

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	1.39 g	-0.9%	-3.4%	-4.5%	-27.1%
US 20+ Year (TLT)	1.71 g	-3.2%	-5.9%	-31.7%	-38.6%

Equity Watch 2022-12-30

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
DJIA	568.43 g	-0.9%	-7.4%	-9.3%	-4.6%
S&P 500	65.84 g	-0.9%	-9.0%	-20.0%	2.2%
Nikkei 225	3.39 g	-0.6%	-4.6%	-21.2%	-30.3%
Euro STOXX (FEZ)	0.66 g	-1.1%	-6.6%	-17.3%	-32.3%
HUI	3.94 g	-1.6%	-3.1%	-11.1%	-15.0%

Commodity Watch 2022-12-30

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Crude Oil	1.376 g/bbl	0.2%	-3.7%	3.8%	-5.4%
Platinum	17.68 g/oz	4.0%	-2.8%	7.0%	-20.9%
Palladium	30.44 g/oz	4.2%	-10.1%	-10.4%	20.0%
Silver	0.411 g/oz	0.2%	7.4%	4.7%	1.1%
Copper	65.3 mg/lb	0.7%	-1.4%	-13.7%	-17.4%
Coffee	28.7 mg/lb	-3.4%	-3.6%	-27.2%	-5.6%
Cotton	14.3 mg/lb	-2.9%	-6.3%	-27.4%	-24.5%