

National Currency Watch 2023-03-10

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
USD	16.7 mg	-1.1%	-0.1%	7.3%	-29.0%
CAD	12.1 mg	-2.2%	-3.2%	-0.5%	-33.9%
EUR	17.9 mg	-0.2%	0.0%	4.0%	-38.4%
JPY	0.124 mg	0.4%	-2.3%	-7.4%	-43.5%
CNY	2.40 mg	-0.4%	-1.5%	-3.7%	-35.1%

Digital Token Watch 2023-03-10

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	337.35 g	-10.7%	-6.8%	-45.1%	61.6%
Ethereum (ETH)	24.43 g	-12.4%	-4.5%	-42.8%	42.3%
Crypto Index (CCi30)	4,338.31 g	-10.7%	-10.0%	-51.4%	-40.0%

Bond Watch 2023-03-10

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	1.36 g	-0.5%	0.1%	5.3%	-26.6%
US 20+ Year (TLT)	1.76 g	5.2%	5.4%	-13.9%	-29.7%

Equity Watch 2023-03-10

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
DJIA	533.24 g	-5.5%	-5.9%	3.2%	-10.6%
S&P 500	64.53 g	-5.6%	-5.7%	-2.7%	-1.7%
Nikkei 225	3.50 g	1.2%	-0.7%	1.4%	-25.9%
Euro STOXX (FEZ)	0.71 g	-4.2%	-1.1%	18.2%	-26.3%
HUI	3.57 g	-6.5%	-9.3%	-27.4%	-12.3%

Commodity Watch 2023-03-10

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Crude Oil	1.281 g/bbl	-4.8%	-3.9%	-22.4%	-12.3%
Platinum	15.93 g/oz	-3.6%	-1.4%	-6.0%	-28.7%
Palladium	23.21 g/oz	-5.3%	-10.6%	-49.1%	0.2%
Silver	0.336 g/oz	-5.8%	-9.2%	-16.9%	-13.5%
Copper	67.6 mg/lb	-1.9%	0.4%	-6.7%	-7.9%
Coffee	30.5 mg/lb	-0.3%	4.2%	-13.2%	7.6%
Cotton	13.1 mg/lb	-8.3%	-8.4%	-28.2%	-34.4%