

National Currency Watch 2023-03-17

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
USD	15.9 mg	-5.1%	-6.5%	-0.6%	-33.2%
CAD	11.5 mg	-5.0%	-8.3%	-8.7%	-36.4%
EUR	16.9 mg	-5.5%	-6.7%	-4.8%	-42.1%
JPY	0.120 mg	-3.5%	-4.9%	-10.9%	-46.3%
CNY	2.32 mg	-3.3%	-4.7%	-9.4%	-37.5%

Digital Token Watch 2023-03-17

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	434.73 g	28.9%	4.3%	-33.5%	131.3%
Ethereum (ETH)	27.13 g	11.0%	-2.7%	-39.8%	89.9%
Crypto Index (CCi30)	4,979.69 g	14.8%	-8.1%	-47.4%	-17.6%

Bond Watch 2023-03-17

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	1.30 g	-3.9%	-5.1%	-0.8%	-30.1%
US 20+ Year (TLT)	1.69 g	-4.0%	0.7%	-17.7%	-34.3%

Equity Watch 2023-03-17

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
DJIA	505.08 g	-5.3%	-12.0%	-8.2%	-14.7%
S&P 500	62.09 g	-3.8%	-10.3%	-11.8%	-5.0%
Nikkei 225	3.28 g	-6.3%	-5.5%	-8.6%	-32.3%
Euro STOXX (FEZ)	0.66 g	-7.5%	-11.6%	-0.5%	-32.3%
HUI	3.84 g	7.4%	0.8%	-21.5%	-5.6%

Commodity Watch 2023-03-17

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Crude Oil	1.058 g/bbl	-17.4%	-18.3%	-35.6%	-28.5%
Platinum	15.52 g/oz	-2.6%	0.2%	-5.0%	-31.2%
Palladium	22.02 g/oz	-5.1%	-12.3%	-44.3%	-6.0%
Silver	0.347 g/oz	3.3%	-3.6%	-14.2%	-11.3%
Copper	62.0 mg/lb	-8.2%	-11.1%	-17.3%	-15.5%
Coffee	29.0 mg/lb	-4.7%	-9.4%	-16.3%	3.5%
Cotton	12.3 mg/lb	-5.6%	-9.3%	-36.5%	-37.3%