

National Currency Watch 2023-03-24

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
USD	15.6 mg	-1.6%	-9.2%	-1.4%	-32.5%
CAD	11.3 mg	-1.6%	-9.9%	-10.2%	-36.8%
EUR	16.8 mg	-0.5%	-7.3%	-3.6%	-41.2%
JPY	0.119 mg	-0.5%	-5.2%	-7.9%	-45.8%
CNY	2.27 mg	-2.0%	-6.1%	-9.6%	-37.7%

Digital Token Watch 2023-03-24

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	428.90 g	-1.3%	7.6%	-38.4%	114.2%
Ethereum (ETH)	28.56 g	5.3%	1.6%	-41.5%	129.2%
Crypto Index (CCi30)	4,770.43 g	-4.2%	-7.8%	-54.6%	-27.1%

Bond Watch 2023-03-24

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	1.29 g	-1.3%	-7.2%	-0.9%	-29.0%
US 20+ Year (TLT)	1.67 g	-1.6%	-0.7%	-17.5%	-33.6%

Equity Watch 2023-03-24

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
DJIA	502.91 g	-0.4%	-10.8%	-8.5%	-7.5%
S&P 500	61.95 g	-0.2%	-9.1%	-13.4%	3.6%
Nikkei 225	3.27 g	-0.4%	-5.4%	-10.3%	-28.0%
Euro STOXX (FEZ)	0.67 g	1.3%	-8.5%	2.9%	-26.3%
HUI	3.87 g	0.9%	5.4%	-22.1%	-5.2%

Commodity Watch 2023-03-24

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Crude Oil	1.080 g/bbl	2.1%	-17.6%	-39.2%	-29.0%
Platinum	15.23 g/oz	-1.9%	-4.5%	-5.7%	-30.9%
Palladium	22.12 g/oz	0.5%	-7.6%	-44.3%	-2.9%
Silver	0.361 g/oz	4.2%	-0.2%	-9.8%	-5.3%
Copper	64.0 mg/lb	3.1%	-5.7%	-14.8%	-7.2%
Coffee	28.0 mg/lb	-3.6%	-14.8%	-20.4%	3.3%
Cotton	11.9 mg/lb	-3.2%	-18.3%	-42.4%	-36.8%