

National Currency Watch 2023-03-31

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
USD	15.7 mg	0.7%	-7.0%	-1.9%	-33.1%	
CAD	11.6 mg	2.4%	-6.4%	-9.5%	-36.3%	
EUR	17.1 mg	1.7%	-4.7%	-4.2%	-40.9%	
JPY	0.118 mg	-1.1%	-4.7%	-10.5%	-46.6%	
CNY	2.28 mg	0.3%	-5.4%	-10.4%	-38.5%	

Digital Token Watch 2023-03-31

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Bitcoin (BTC)	447.43 g	4.3%	18.4%	-38.6%	173.1%	
Ethereum (ETH)	28.37 g	-0.7%	1.7%	-47.9%	205.9%	
Crypto Index (CCi30)	5,014.80 g	5.1%	3.2%	-55.0%	-3.6%	

Bond Watch 2023-03-31

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
US 1-3 Year (SHY)	1.29 g	0.3%	-5.4%	-1.6%	-30.2%	
US 20+ Year (TLT)	1.67 g	0.3%	-0.3%	-19.3%	-35.7%	

Equity Watch 2023-03-31

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
DJIA	522.78 g	4.0%	-7.3%	-5.9%	-7.7%	
S&P 500	64.56 g	4.2%	-5.5%	-11.0%	4.1%	
Nikkei 225	3.31 g	1.2%	-4.3%	-9.8%	-30.2%	
Euro STOXX (FEZ)	0.71 g	5.8%	-5.1%	7.0%	-25.4%	
HUI	4.02 g	4.0%	5.3%	-19.4%	-2.3%	

Commodity Watch 2023-03-31

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Crude Oil	1.189 g/bbl	10.0%	-11.7%	-26.0%	-22.1%	
Platinum	15.41 g/oz	1.2%	-6.7%	-2.1%	-29.9%	
Palladium	23.41 g/oz	5.8%	-4.5%	-35.3%	2.7%	
Silver	0.375 g/oz	3.8%	5.3%	-5.6%	-1.9%	
Copper	64.5 mg/lb	0.8%	-6.4%	-15.2%	-9.1%	
Coffee	26.8 mg/lb	-4.2%	-12.3%	-26.1%	-3.5%	
Cotton	13.0 mg/lb	8.9%	-8.8%	-40.2%	-32.0%	