

National Currency Watch 2023-04-21

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
USD	15.8 mg	2.3%	-1.1%	-1.5%	-32.3%	
CAD	11.6 mg	1.0%	0.3%	-9.1%	-36.4%	
EUR	17.3 mg	2.0%	0.8%	-0.3%	-39.5%	
JPY	0.117 mg	1.6%	-2.7%	-5.9%	-45.7%	
CNY	2.25 mg	1.5%	-0.3%	-9.2%	-38.5%	

Digital Token Watch 2023-04-21

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Bitcoin (BTC)	429.87 g	-8.5%	-4.2%	-33.7%	107.7%	
Ethereum (ETH)	30.11 g	-1.5%	9.9%	-38.7%	110.2%	
Crypto Index (CCi30)	4,835.89 g	-8.5%	-4.4%	-50.1%	-38.6%	

Bond Watch 2023-04-21

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
US 1-3 Year (SHY)	1.29 g	2.2%	-0.8%	-0.8%	-29.1%	
US 20+ Year (TLT)	1.65 g	1.7%	2.0%	-12.8%	-34.0%	

Equity Watch 2023-04-21

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
DJIA	532.81 g	2.1%	2.7%	-4.3%	-6.4%	
S&P 500	65.14 g	2.2%	2.2%	-7.3%	4.8%	
Nikkei 225	3.35 g	1.8%	3.2%	-2.4%	-30.1%	
Euro STOXX (FEZ)	0.73 g	2.8%	6.7%	14.0%	-24.6%	
HUI	4.10 g	-2.7%	8.8%	-17.2%	-4.3%	

Commodity Watch 2023-04-21

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Crude Oil	1.227 g/bbl	-3.4%	11.1%	-26.1%	-22.9%	
Platinum	17.78 g/oz	10.7%	13.5%	13.6%	-18.1%	
Palladium	25.66 g/oz	12.2%	14.5%	-34.1%	6.9%	
Silver	0.396 g/oz	-1.1%	10.8%	0.5%	-0.4%	
Copper	62.7 mg/lb	-0.9%	-2.0%	-16.7%	-13.9%	
Coffee	30.6 mg/lb	2.7%	6.6%	-16.2%	11.8%	
Cotton	12.4 mg/lb	-3.2%	-0.4%	-44.3%	-37.3%	