

National Currency Watch 2023-05-19

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
USD	15.9 mg	3.0%	1.5%	-6.0%	-34.3%
CAD	11.7 mg	3.1%	0.9%	-10.8%	-37.4%
EUR	17.1 mg	2.3%	-0.1%	-4.2%	-39.8%
JPY	0.114 mg	0.6%	-1.4%	-13.5%	-47.5%
CNY	2.24 mg	0.9%	-0.5%	-11.4%	-40.5%

Digital Token Watch 2023-05-19

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	426.28 g	3.3%	-5.3%	-16.6%	114.1%
Ethereum (ETH)	28.60 g	3.1%	-12.6%	-13.1%	70.6%
Crypto Index (CCi30)	4,676.43 g	4.0%	-7.8%	-23.7%	-40.6%

Bond Watch 2023-05-19

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	1.30 g	2.5%	1.7%	-5.7%	-31.5%
US 20+ Year (TLT)	1.60 g	-0.2%	2.5%	-16.9%	-37.6%

Equity Watch 2023-05-19

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
DJIA	530.02 g	3.4%	0.1%	0.5%	-11.2%
S&P 500	66.47 g	4.7%	2.4%	1.0%	1.5%
Nikkei 225	3.53 g	5.5%	6.2%	0.9%	-29.5%
Euro STOXX (FEZ)	0.73 g	4.5%	1.5%	15.4%	-26.8%
HUI	4.00 g	-2.6%	-2.7%	-7.6%	-6.7%

Commodity Watch 2023-05-19

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Crude Oil	1.135 g/bbl	5.2%	-8.3%	-40.1%	-34.1%	
Platinum	16.98 g/oz	2.0%	1.1%	6.0%	-20.4%	
Palladium	24.07 g/oz	1.1%	-4.3%	-27.9%	1.6%	
Silver	0.375 g/oz	2.1%	-3.0%	3.2%	-5.2%	
Copper	59.0 mg/lb	3.1%	-7.2%	-18.3%	-19.9%	
Coffee	30.4 mg/lb	6.3%	-3.8%	-17.5%	6.9%	
Cotton	13.8 mg/lb	10.9%	5.7%	-44.8%	-34.2%	