

National Currency Watch 2023-08-11

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
USD	16.2 mg	1.4%	0.9%	-6.2%	-36.6%	
CAD	12.1 mg	0.5%	-0.5%	-11.1%	-38.3%	
EUR	17.8 mg	0.6%	0.4%	-0.8%	-39.3%	
JPY	0.112 mg	-0.8%	-2.2%	-14.2%	-51.6%	
CNY	2.20 mg	-0.1%	-0.8%	-14.4%	-41.2%	

Digital Token Watch 2023-08-11

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Bitcoin (BTC)	477.26 g	2.5%	-3.1%	15.1%	196.0%	
Ethereum (ETH)	30.00 g	2.4%	-1.4%	-6.5%	250.4%	
Crypto Index (CCi30)	4,990.54 g	3.2%	2.8%	-16.6%	27.2%	

Bond Watch 2023-08-11

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
US 1-3 Year (SHY)	1.31 g	1.3%	1.3%	-5.8%	-34.8%	
US 20+ Year (TLT)	1.55 g	0.2%	-3.5%	-19.9%	-45.4%	

Equity Watch 2023-08-11

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
DJIA	572.80 g	2.0%	4.0%	-0.7%	-11.6%	
S&P 500	72.47 g	1.1%	1.5%	-0.5%	-0.1%	
Nikkei 225	3.64 g	0.1%	-1.4%	0.1%	-29.5%	
Euro STOXX (FEZ)	0.74 g	1.5%	1.1%	14.8%	-24.2%	
HUI	3.71 g	1.2%	-1.5%	2.5%	-9.4%	

Commodity Watch 2023-08-11

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Crude Oil	1.351 g/bbl	1.8%	12.2%	-17.3%	-22.0%	
Platinum	14.79 g/oz	0.5%	-0.8%	-11.6%	-30.3%	
Palladium	21.50 g/oz	6.7%	8.1%	-45.5%	-7.9%	
Silver	0.368 g/oz	-1.9%	-1.0%	3.6%	-6.5%	
Copper	60.3 mg/lb	-2.1%	-0.1%	-5.8%	-13.8%	
Coffee	25.6 mg/lb	-0.8%	0.0%	-33.9%	-6.5%	
Cotton	14.5 mg/lb	6.2%	8.7%	-24.2%	-33.6%	