

National Currency Watch 2024-03-22

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
USD	14.3 mg	-0.4%	-6.8%	-10.2%	-39.6%
CAD	10.5 mg	-0.8%	-7.6%	-9.5%	-40.5%
EUR	15.5 mg	-1.1%	-6.9%	-10.1%	-42.2%
JPY	0.095 mg	-1.9%	-7.3%	-21.3%	-56.2%
CNY	1.96 mg	-1.0%	-6.3%	-14.9%	-44.1%

Digital Token Watch 2024-03-22

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	909.63 g	-9.0%	15.3%	108.8%	853.0%
Ethereum (ETH)	47.59 g	-11.4%	4.1%	65.4%	1,366.6%
Crypto Index (CCi30)	9,086.62 g	-8.8%	19.3%	86.8%	305.9%

Bond Watch 2024-03-22

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	1.17 g	0.0%	-6.6%	-8.1%	-37.7%
US 20+ Year (TLT)	1.35 g	0.7%	-5.4%	-18.5%	-50.6%

Equity Watch 2024-03-22

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
DJIA	565.41 g	1.6%	-5.8%	10.6%	-6.5%
S&P 500	74.97 g	1.9%	-4.1%	19.3%	12.9%
Nikkei 225	3.87 g	3.6%	-3.1%	17.1%	-17.2%
Euro STOXX (FEZ)	0.75 g	-0.4%	-3.7%	8.6%	-13.1%
HUI	3.30 g	-1.3%	5.9%	-13.9%	-19.6%

Commodity Watch 2024-03-22

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Crude Oil	1.155 g/bbl	-0.9%	-4.4%	2.1%	-17.5%
Platinum	12.93 g/oz	-4.8%	-6.3%	-17.7%	-36.1%
Palladium	14.42 g/oz	-6.9%	-1.3%	-36.7%	-60.9%
Silver	0.352 g/oz	-2.9%	-0.7%	-1.2%	-4.0%
Copper	57.2 mg/lb	-3.2%	-4.4%	-11.8%	-14.9%
Coffee	26.5 mg/lb	0.7%	-11.1%	-6.8%	18.9%
Cotton	13.1 mg/lb	-2.9%	-9.4%	5.0%	-27.8%