

National Currency Watch 2024-03-29

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
USD	14.0 mg	-1.9%	-7.5%	-11.3%	-41.5%
CAD	10.4 mg	-1.4%	-7.2%	-10.9%	-42.3%
EUR	15.2 mg	-2.0%	-7.5%	-11.5%	-43.8%
JPY	0.093 mg	-1.9%	-8.4%	-22.3%	-57.2%
CNY	1.89 mg	-3.1%	-8.9%	-17.1%	-46.5%

Digital Token Watch 2024-03-29

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	982.11 g	8.0%	5.5%	118.9%	898.0%
Ethereum (ETH)	49.39 g	3.8%	-2.9%	75.8%	1,375.1%
Crypto Index (CCi30)	9,869.13 g	8.6%	15.1%	97.4%	315.7%

Bond Watch 2024-03-29

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	1.15 g	-1.9%	-7.5%	-8.9%	-39.8%
US 20+ Year (TLT)	1.33 g	-1.3%	-7.1%	-17.3%	-52.6%

Equity Watch 2024-03-29

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
DJIA	559.15 g	-1.1%	-5.6%	8.0%	-10.2%
S&P 500	73.80 g	-1.6%	-4.6%	15.8%	8.4%
Nikkei 225	3.75 g	-3.2%	-5.6%	12.4%	-18.6%
Euro STOXX (FEZ)	0.74 g	-1.1%	-4.2%	6.1%	-16.0%
HUI	3.47 g	5.2%	12.1%	-13.5%	-14.9%

Commodity Watch 2024-03-29

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Crude Oil	1.168 g/bbl	1.2%	-1.7%	1.1%	-19.1%
Platinum	12.74 g/oz	-1.5%	-5.4%	-16.3%	-37.6%
Palladium	14.29 g/oz	-1.0%	-1.2%	-36.9%	-57.2%
Silver	0.345 g/oz	-2.1%	1.6%	-6.4%	-4.9%
Copper	56.2 mg/lb	-1.7%	-3.4%	-13.0%	-20.1%
Coffee	26.5 mg/lb	0.2%	-10.8%	-1.2%	16.9%
Cotton	12.8 mg/lb	-2.1%	-16.8%	-1.7%	-31.1%