

## National Currency Watch 2024-07-19

|     |               |          | Change from |          |             |  |
|-----|---------------|----------|-------------|----------|-------------|--|
|     | Price in Gold | Week ago | Month ago   | Year ago | 5 Years ago |  |
| USD | 12.9 mg       | 0.1%     | -3.3%       | -17.8%   | -40.1%      |  |
| CAD | 9.4 mg        | -0.7%    | -3.4%       | -21.2%   | -43.0%      |  |
| EUR | 14.1 mg       | 0.0%     | -2.1%       | -20.1%   | -41.9%      |  |
| JPY | 0.082 mg      | 0.4%     | -3.0%       | -27.1%   | -59.0%      |  |
| CNY | 1.77 mg       | 0.1%     | -2.7%       | -18.4%   | -43.2%      |  |

## Digital Token Watch 2024-07-19

|                      |               |          | Change from |          |             |  |
|----------------------|---------------|----------|-------------|----------|-------------|--|
|                      | Price in Gold | Week ago | Month ago   | Year ago | 5 Years ago |  |
| Bitcoin (BTC)        | 863.02 g      | 15.3%    | -0.6%       | 83.2%    | 279.3%      |  |
| Ethereum (ETH)       | 45.36 g       | 12.0%    | -4.7%       | 51.8%    | 812.4%      |  |
| Crypto Index (CCi30) | 7,200.62 g    | 8.5%     | -3.2%       | 43.1%    | 124.9%      |  |

## Bond Watch 2024-07-19

|                   |               |          | Change from |          |             |  |
|-------------------|---------------|----------|-------------|----------|-------------|--|
|                   | Price in Gold | Week ago | Month ago   | Year ago | 5 Years ago |  |
| US 1-3 Year (SHY) | 1.06 g        | 0.1%     | -2.6%       | -14.2%   | -38.1%      |  |
| US 20+ Year (TLT) | 1.20 g        | -0.9%    | -5.0%       | -23.5%   | -54.0%      |  |

## Equity Watch 2024-07-19

|                  |               |          | Change from |          |             |  |
|------------------|---------------|----------|-------------|----------|-------------|--|
|                  | Price in Gold | Week ago | Month ago   | Year ago | 5 Years ago |  |
| DJIA             | 521.36 g      | 0.9%     | 0.3%        | -5.6%    | -11.1%      |  |
| S&P 500          | 71.24 g       | -1.8%    | -3.0%       | -0.9%    | 10.8%       |  |
| Nikkei 225       | 3.29 g        | -2.3%    | 0.8%        | -11.2%   | -23.5%      |  |
| Euro STOXX (FEZ) | 0.65 g        | -4.2%    | -3.8%       | -11.9%   | -20.8%      |  |
| HUI              | 3.84 g        | -1.3%    | 8.5%        | -2.9%    | -15.8%      |  |

## Commodity Watch 2024-07-19

|           |               |          | Change from |          |             |  |
|-----------|---------------|----------|-------------|----------|-------------|--|
|           | Price in Gold | Week ago | Month ago   | Year ago | 5 Years ago |  |
| Crude Oil | 1.037 g/bbl   | -2.4%    | -5.0%       | -12.6%   | -13.7%      |  |
| Platinum  | 12.49 g/oz    | -2.6%    | -4.7%       | -19.5%   | -32.3%      |  |
| Palladium | 11.89 g/oz    | -4.8%    | -1.7%       | -42.3%   | -64.1%      |  |
| Silver    | 0.377 g/oz    | -5.1%    | -4.5%       | -4.4%    | 6.9%        |  |
| Copper    | 54.6 mg/lb    | -8.1%    | -10.6%      | -8.7%    | -7.8%       |  |
| Coffee    | 30.8 mg/lb    | -4.8%    | 1.8%        | 28.4%    | 33.0%       |  |
| Cotton    | 9.1 mg/lb     | 1.7%     | -4.7%       | -32.8%   | -33.5%      |  |