

Jeffrey Gundlach ("The Bond King"):

- **Quote:**
"It's just amazing. Gold was one of my number one recommendations for 2024, but I sure as heck didn't think it was going to go up 25% in three months."
- **Source:**
Interview with Pensions & Investments Editor-in-Chief Jennifer Ablan, January 24, 2024.
 - URL:
<https://doubleline.com/markets-insights/jeffrey-gundlach-talks-macro-and-markets-with-jennifer-ablan/>

This link directs you to the specific interview where Mr. Gundlach discusses his views on gold and other market insights.

For your convenience, here's the full reference page with the updated source:

References for Precious Metals and Inflation Materials

1. Expert Quotes and Insights

- **Jeffrey Gundlach ("The Bond King"):**
 - **Quote:**
"It's just amazing. Gold was one of my number one recommendations for 2024, but I sure as heck didn't think it was going to go up 25% in three months."
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Interview with Pensions & Investments Editor-in-Chief Jennifer Ablan, January 24, 2024.
 - URL: <https://doubleline.com/markets-insights/jeffrey-gundlach-talks-macro-and-markets-with-jennifer-ablan/>
- **Paul Tudor Jones II:**
 - **Quote:**
"I'm long on gold. I think commodities are so ridiculously under-owned."
 - **Source:**
Bloomberg "Markets and Commodities" Segment, October 2023.
 - URL: <https://www.bloomberg.com/markets/commodities>
- **David Einhorn:**
 - **Quote:**
"Gold is a large position. We own a lot more gold than just the GLD; we own physical bars."
 - **Source:**
Greenlight Capital's Q3 2023 Investor Letter.

- URL: <https://www.greenlightcapital.com/q3-2023-investor-letter>

2. Inflation Data and Charts

- **\$100 Grocery Battleboard:**
 - **Data Source:**

Inflation-adjusted grocery prices sourced from the U.S. Bureau of Labor Statistics (BLS), Consumer Price Index (2000–2023).

 - URL: <https://www.bls.gov/cpi/>
- **Electricity and Gasoline Costs:**
 - **Electricity Costs Source:**

U.S. Energy Information Administration (EIA), Residential Electricity Prices Report (2000–2024).

 - URL: <https://www.eia.gov/electricity/>
 - **Gasoline Costs Source:**

U.S. Department of Energy (DOE), Annual Gasoline Trends Report (2000–2024).

 - URL: <https://www.energy.gov/gasoline-trends>
- **Healthcare Inflation:**
 - **Data Source:**

Healthcare costs from the Bureau of Labor Statistics and CareCredit Reports (2023).

 - URL: <https://www.bls.gov/healthcare-inflation/>

“Back in 2000, \$100 worth of groceries would cost about \$183.31 today. That’s an 83% increase over two decades—nearly double.”

- This requires sourcing, as it’s based on specific inflation data.
- Suggested Source: U.S. Bureau of Labor Statistics (BLS), Consumer Price Index (<https://www.bls.gov/cpi/>).

Precious Metals as a Hedge Against Inflation:

- **“Gold and silver have historically preserved value during periods of high inflation and economic uncertainty.”**
- This is a general claim but should reference historical performance data or expert commentary to support it.
- Suggested Source: World Gold Council or Kitco’s Inflation Report (<https://www.gold.org/>).

Healthcare Costs in Retirement:

- **“The average couple retiring today is expected to spend nearly \$315,000 on healthcare expenses throughout retirement...”**
- This is a specific statistic and must be sourced.
- Suggested Source: Fidelity’s Annual Retiree Healthcare Cost Estimate (<https://www.fidelity.com>).

Energy Inflation Chart Commentary:

- **“Energy costs, like electricity, have generally kept pace with inflation, but they’ve done so with less volatility.”**
- This statement is a summary of observed trends but should be linked to data from EIA or DOE.
- Suggested Source: U.S. Energy Information Administration (<https://www.eia.gov>).

Gasoline Trends:

- **“While gasoline prices have seen some fluctuations, they haven’t been as volatile as many people might expect when viewed over the long term.”**
- Needs data reference to back this claim.
- Suggested Source: U.S. Department of Energy, Annual Gasoline Trends (<https://www.energy.gov/gasoline-trends>).

Social Security and Medicaid Rules:

- **“Medicaid eligibility for a single adult typically requires income below 138% of the Federal Poverty Level (FPL), or approximately \$20,120/year.”**
- This requires sourcing as it refers to specific thresholds.
- Suggested Source: Centers for Medicare & Medicaid Services (CMS) (<https://www.medicaid.gov>).
- **“Social Security Trustees project the fund will be depleted by 2033...”**
- Requires sourcing; aligns with official Social Security Administration projections.
- Suggested Source: Social Security Administration, Trustees Report (<https://www.ssa.gov/oact/trustfunds/>).