













# PMEX UPDATE

|   |                 |                 |          |         |             |                 |   |       |               |          |          |             |               |  |       |                 |          |         |             |                 |   |       |                 |          |          |             |                 |
|---|-----------------|-----------------|----------|---------|-------------|-----------------|---|-------|---------------|----------|----------|-------------|---------------|--|-------|-----------------|----------|---------|-------------|-----------------|---|-------|-----------------|----------|----------|-------------|-----------------|
| <p><b>BUY</b></p>  <p><b>CRUDE10-JU26</b><br/>103.40 <span style="color: green;">1.43%</span><br/>Expiry 27/May/26<br/>Remaining 23 Days</p> <table border="1"> <tr><td>Entry</td><td>104.22 - 104.42</td></tr> <tr><td>Stoploss</td><td>103.23</td></tr> <tr><td>Take Profit</td><td>105.61 - 106.45</td></tr> </table> | Entry           | 104.22 - 104.42 | Stoploss | 103.23  | Take Profit | 105.61 - 106.45 | <p><b>BUY</b></p>  <p><b>NGAS1K-JU26</b><br/>2.8100 <span style="color: green;">1.08%</span><br/>Expiry 26/May/26<br/>Remaining 22 Days</p> <table border="1"> <tr><td>Entry</td><td>2.81 - 2.82</td></tr> <tr><td>Stoploss</td><td>2.76</td></tr> <tr><td>Take Profit</td><td>2.84 - 2.87</td></tr> </table>            | Entry | 2.81 - 2.82   | Stoploss | 2.76     | Take Profit | 2.84 - 2.87   | <p><b>SELL</b></p>  <p><b>GO10Z-JU26</b><br/>4,574.75 <span style="color: red;">-1.50%</span><br/>Expiry 27/May/26<br/>Remaining 23 Days</p> <table border="1"> <tr><td>Entry</td><td>4586 - 4581</td></tr> <tr><td>Stoploss</td><td>4608.52</td></tr> <tr><td>Take Profit</td><td>4566 - 4555</td></tr> </table>             | Entry | 4586 - 4581     | Stoploss | 4608.52 | Take Profit | 4566 - 4555     | <p><b>N/A</b></p>  <p><b>SL10-MA26</b><br/>74.14<br/>Expiry<br/>Remaining</p> <table border="1"> <tr><td>Entry</td><td>---</td></tr> <tr><td>Stoploss</td><td>#VALUE!</td></tr> <tr><td>Take Profit</td><td>---</td></tr> </table>   | Entry | ---             | Stoploss | #VALUE!  | Take Profit | ---             |
| Entry   | 104.22 - 104.42 |                 |          |         |             |                 |   |       |               |          |          |             |               |  |       |                 |          |         |             |                 |   |       |                 |          |          |             |                 |
| Stoploss  | 103.23          |                 |          |         |             |                 |   |       |               |          |          |             |               |  |       |                 |          |         |             |                 |   |       |                 |          |          |             |                 |
| Take Profit   | 105.61 - 106.45 |                 |          |         |             |                 |   |       |               |          |          |             |               |  |       |                 |          |         |             |                 |   |       |                 |          |          |             |                 |
| Entry   | 2.81 - 2.82     |                 |          |         |             |                 |   |       |               |          |          |             |               |  |       |                 |          |         |             |                 |   |       |                 |          |          |             |                 |
| Stoploss  | 2.76            |                 |          |         |             |                 |   |       |               |          |          |             |               |  |       |                 |          |         |             |                 |   |       |                 |          |          |             |                 |
| Take Profit   | 2.84 - 2.87     |                 |          |         |             |                 |   |       |               |          |          |             |               |  |       |                 |          |         |             |                 |   |       |                 |          |          |             |                 |
| Entry   | 4586 - 4581     |                 |          |         |             |                 |   |       |               |          |          |             |               |  |       |                 |          |         |             |                 |   |       |                 |          |          |             |                 |
| Stoploss  | 4608.52         |                 |          |         |             |                 |   |       |               |          |          |             |               |  |       |                 |          |         |             |                 |   |       |                 |          |          |             |                 |
| Take Profit   | 4566 - 4555     |                 |          |         |             |                 |   |       |               |          |          |             |               |  |       |                 |          |         |             |                 |   |       |                 |          |          |             |                 |
| Entry   | ---             |                 |          |         |             |                 |   |       |               |          |          |             |               |  |       |                 |          |         |             |                 |   |       |                 |          |          |             |                 |
| Stoploss  | #VALUE!         |                 |          |         |             |                 |   |       |               |          |          |             |               |  |       |                 |          |         |             |                 |   |       |                 |          |          |             |                 |
| Take Profit   | ---             |                 |          |         |             |                 |   |       |               |          |          |             |               |  |       |                 |          |         |             |                 |   |       |                 |          |          |             |                 |
| <p><b>SELL</b></p>  <p><b>PLATINUM5-JY26</b><br/>1,962.60 <span style="color: red;">-2.45%</span><br/>Expiry 26/Jun/26<br/>Remaining 53 Days</p> <table border="1"> <tr><td>Entry</td><td>1965 - 1960</td></tr> <tr><td>Stoploss</td><td>1991.57</td></tr> <tr><td>Take Profit</td><td>1950 - 1940</td></tr> </table>    | Entry           | 1965 - 1960     | Stoploss | 1991.57 | Take Profit | 1950 - 1940     | <p><b>SELL</b></p>  <p><b>COPPER-JY26</b><br/>5.9068 <span style="color: red;">-1.30%</span><br/>Expiry 22/Jun/26<br/>Remaining 49 Days</p> <table border="1"> <tr><td>Entry</td><td>5.92 - 5.91</td></tr> <tr><td>Stoploss</td><td>5.96</td></tr> <tr><td>Take Profit</td><td>5.9 - 5.88</td></tr> </table>             | Entry | 5.92 - 5.91   | Stoploss | 5.96     | Take Profit | 5.9 - 5.88    | <p><b>BUY</b></p>  <p><b>ICOTTON-JY26</b><br/>83.16 <span style="color: red;">-1.22%</span><br/>Expiry 22/Jun/26<br/>Remaining 49 Days</p> <table border="1"> <tr><td>Entry</td><td>80.41 - 80.84</td></tr> <tr><td>Stoploss</td><td>80.27</td></tr> <tr><td>Take Profit</td><td>82.48 - 82.86</td></tr> </table>             | Entry | 80.41 - 80.84   | Stoploss | 80.27   | Take Profit | 82.48 - 82.86   | <p><b>SELL</b></p>  <p><b>DJ-JU26</b><br/>49,470 <span style="color: red;">-0.35%</span><br/>Expiry 17/Jun/26<br/>Remaining 44 Days</p> <table border="1"> <tr><td>Entry</td><td>49330 - 49315</td></tr> <tr><td>Stoploss</td><td>49634.77</td></tr> <tr><td>Take Profit</td><td>49167 - 49052</td></tr> </table>            | Entry | 49330 - 49315   | Stoploss | 49634.77 | Take Profit | 49167 - 49052   |
| Entry   | 1965 - 1960     |                 |          |         |             |                 |   |       |               |          |          |             |               |  |       |                 |          |         |             |                 |   |       |                 |          |          |             |                 |
| Stoploss  | 1991.57         |                 |          |         |             |                 |   |       |               |          |          |             |               |  |       |                 |          |         |             |                 |   |       |                 |          |          |             |                 |
| Take Profit   | 1950 - 1940     |                 |          |         |             |                 |   |       |               |          |          |             |               |  |       |                 |          |         |             |                 |   |       |                 |          |          |             |                 |
| Entry   | 5.92 - 5.91     |                 |          |         |             |                 |   |       |               |          |          |             |               |  |       |                 |          |         |             |                 |   |       |                 |          |          |             |                 |
| Stoploss  | 5.96            |                 |          |         |             |                 |   |       |               |          |          |             |               |  |       |                 |          |         |             |                 |   |       |                 |          |          |             |                 |
| Take Profit   | 5.9 - 5.88      |                 |          |         |             |                 |   |       |               |          |          |             |               |  |       |                 |          |         |             |                 |   |       |                 |          |          |             |                 |
| Entry   | 80.41 - 80.84   |                 |          |         |             |                 |   |       |               |          |          |             |               |  |       |                 |          |         |             |                 |   |       |                 |          |          |             |                 |
| Stoploss  | 80.27           |                 |          |         |             |                 |   |       |               |          |          |             |               |  |       |                 |          |         |             |                 |   |       |                 |          |          |             |                 |
| Take Profit   | 82.48 - 82.86   |                 |          |         |             |                 |   |       |               |          |          |             |               |  |       |                 |          |         |             |                 |   |       |                 |          |          |             |                 |
| Entry   | 49330 - 49315   |                 |          |         |             |                 |   |       |               |          |          |             |               |  |       |                 |          |         |             |                 |   |       |                 |          |          |             |                 |
| Stoploss  | 49634.77        |                 |          |         |             |                 |   |       |               |          |          |             |               |  |       |                 |          |         |             |                 |   |       |                 |          |          |             |                 |
| Take Profit   | 49167 - 49052   |                 |          |         |             |                 |   |       |               |          |          |             |               |  |       |                 |          |         |             |                 |   |       |                 |          |          |             |                 |
| <p><b>BUY</b></p>  <p><b>SP500-JU26</b><br/>7,250 <span style="color: red;">-0.11%</span><br/>Expiry 17/Jun/26<br/>Remaining 44 Days</p> <table border="1"> <tr><td>Entry</td><td>7212 - 7222</td></tr> <tr><td>Stoploss</td><td>7161.81</td></tr> <tr><td>Take Profit</td><td>7232 - 7242</td></tr> </table>          | Entry           | 7212 - 7222     | Stoploss | 7161.81 | Take Profit | 7232 - 7242     | <p><b>BUY</b></p>  <p><b>NSDQ100-JU26</b><br/>27,854 <span style="color: green;">0.07%</span><br/>Expiry 17/Jun/26<br/>Remaining 44 Days</p> <table border="1"> <tr><td>Entry</td><td>27931 - 27948</td></tr> <tr><td>Stoploss</td><td>27684.85</td></tr> <tr><td>Take Profit</td><td>28018 - 28082</td></tr> </table> | Entry | 27931 - 27948 | Stoploss | 27684.85 | Take Profit | 28018 - 28082 | <p><b>BUY</b></p>  <p><b>GOLDUSDJPY-JU26</b><br/>157.11 <span style="color: green;">0.03%</span><br/>Expiry 27/May/26<br/>Remaining 23 Days</p> <table border="1"> <tr><td>Entry</td><td>157.45 - 157.52</td></tr> <tr><td>Stoploss</td><td>157.13</td></tr> <tr><td>Take Profit</td><td>157.99 - 158.11</td></tr> </table> | Entry | 157.45 - 157.52 | Stoploss | 157.13  | Take Profit | 157.99 - 158.11 | <p><b>SELL</b></p>  <p><b>GOLDEURUSD-JU26</b><br/>1.1700 <span style="color: red;">-0.18%</span><br/>Expiry 27/May/26<br/>Remaining 23 Days</p> <table border="1"> <tr><td>Entry</td><td>1.1716 - 1.1711</td></tr> <tr><td>Stoploss</td><td>1.173</td></tr> <tr><td>Take Profit</td><td>1.1693 - 1.1678</td></tr> </table> | Entry | 1.1716 - 1.1711 | Stoploss | 1.173    | Take Profit | 1.1693 - 1.1678 |
| Entry   | 7212 - 7222     |                 |          |         |             |                 |   |       |               |          |          |             |               |  |       |                 |          |         |             |                 |   |       |                 |          |          |             |                 |
| Stoploss  | 7161.81         |                 |          |         |             |                 |   |       |               |          |          |             |               |  |       |                 |          |         |             |                 |   |       |                 |          |          |             |                 |
| Take Profit   | 7232 - 7242     |                 |          |         |             |                 |   |       |               |          |          |             |               |  |       |                 |          |         |             |                 |   |       |                 |          |          |             |                 |
| Entry   | 27931 - 27948   |                 |          |         |             |                 |   |       |               |          |          |             |               |  |       |                 |          |         |             |                 |   |       |                 |          |          |             |                 |
| Stoploss  | 27684.85        |                 |          |         |             |                 |   |       |               |          |          |             |               |  |       |                 |          |         |             |                 |   |       |                 |          |          |             |                 |
| Take Profit   | 28018 - 28082   |                 |          |         |             |                 |   |       |               |          |          |             |               |  |       |                 |          |         |             |                 |   |       |                 |          |          |             |                 |
| Entry   | 157.45 - 157.52 |                 |          |         |             |                 |   |       |               |          |          |             |               |  |       |                 |          |         |             |                 |   |       |                 |          |          |             |                 |
| Stoploss  | 157.13          |                 |          |         |             |                 |   |       |               |          |          |             |               |  |       |                 |          |         |             |                 |   |       |                 |          |          |             |                 |
| Take Profit   | 157.99 - 158.11 |                 |          |         |             |                 |   |       |               |          |          |             |               |  |       |                 |          |         |             |                 |   |       |                 |          |          |             |                 |
| Entry   | 1.1716 - 1.1711 |                 |          |         |             |                 |   |       |               |          |          |             |               |  |       |                 |          |         |             |                 |   |       |                 |          |          |             |                 |
| Stoploss  | 1.173           |                 |          |         |             |                 |   |       |               |          |          |             |               |  |       |                 |          |         |             |                 |   |       |                 |          |          |             |                 |
| Take Profit   | 1.1693 - 1.1678 |                 |          |         |             |                 |   |       |               |          |          |             |               |  |       |                 |          |         |             |                 |   |       |                 |          |          |             |                 |

## Major Headlines

**Oil up 3% after Iran claims it attacked US warship; US denies report**

Oil prices rose over 3% on Monday after Iran claimed it had struck a U.S. warship and forced it to turn back from entering the Strait of Hormuz, though the U.S. denied that any U.S. ships had been struck. Brent crude futures were up \$3.64, or 3.4%, at \$111.81 a barrel by 1124 GMT [see more...](#)

**Gold prices slide amid fresh Hormuz tensions**

Iran's navy has said it has turned away enemy warships attempting to traverse the Strait of Hormuz following a "swift and decisive warning," Reuters reported on Monday, citing Iranian state television. Reuters was not able to immediately confirm the reports, while U.S. Central Command said no U.S. navy ships had been hit. [see more...](#)

**S&P 500, Nasdaq end little changed while Dow slips after Fed holds rates steady**

Wall Street closed mostly lower on Wednesday after the Federal Reserve kept interest rates as widely expected. Sentiment was also muted after further diplomatic setbacks between the U.S. and Iran. Aside from the Fed and developments in the. [see more...](#)

**USD/JPY retreats from multi-month high as Japan's intervention warnings cap upside**

USD/JPY trades around 159.50 on Thursday, down 0.59% on the day, after reaching its highest level since July 2024 at 160.73 earlier in the day. The pullback comes as the Japanese Yen (JPY) strengthens sharply following firm warnings from Tokyo authorities about a potential [see more...](#)

**EUR/USD nears 1.1700 despite high Eurozone inflation and low growth data**

The Euro (EUR) is picking up against US Dollar (USD) on Thursday, returning to levels right below 1.1700 at the time of writing, despite Eurozone macroeconomic data, which has confirmed the picture of a sluggish economy and soaring inflationary pressures.. [see more...](#)

**US Dollar Index holds steady after Fed hold, traders await US GDP and PCE data**

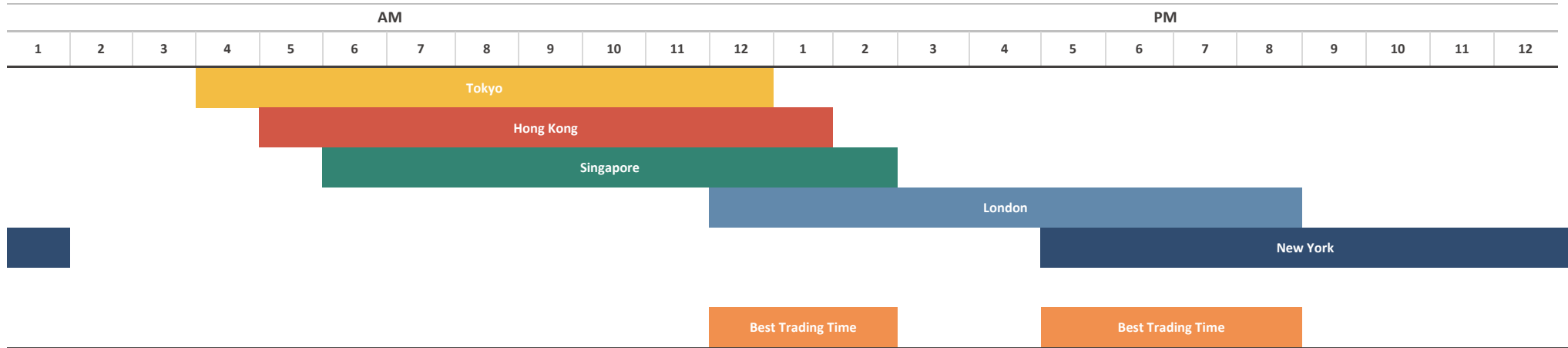
The US Dollar Index (DXY), an index of the value of the US Dollar (USD) measured against a basket of six world currencies, currently trades near 98.95 during the Asian trading hours on Thursday. The DXY steadies following a hawkish hold from the US Federal Reserve (Fed). [see more...](#)

## Economic Calendar

No economic calendar event scheduled

# FOREX MARKETS' STATISTICS

## Forex Market Hours

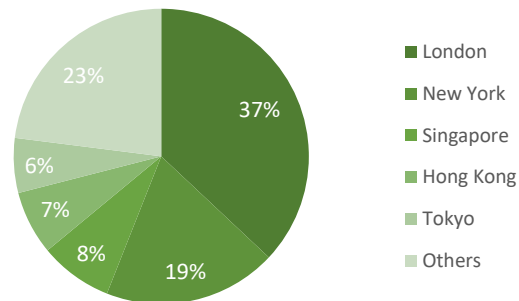


Note: This chart shows the normal forex trading times of all the major forex trading centers across the globe in Pakistan Standard Time.

### Forex Turnover by Counterparty



### Markets' Share in Total Forex Turnover



### Most Traded Currency Pairs



Sources: ACPL Research, Forexmarkethours, Dailyfx, Ig

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## DISCLOSURE

Following exchange rates are used to convert investment and profit values:

- USD/PKR: 280.10
- JPY/PKR: 1.97

To arrive at our Target Price, Abbasi & Company (Private) Limited uses following methods:

- Technical Analysis
- Fundamental Analysis

Furthermore, profit and returns are inclusive of all expenses including PMEX Fee, ACPL Fee & Sales Tax

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