

# PMEX UPDATE

BUY	
	<b>CRUDE10-MY26</b>
96.25	0.83%
Expiry	20/Apr/26
Remaining	32 Days
<b>Entry</b>	93.2 - 93.8
<b>Stoploss</b>	92.05
<b>Take Profit</b>	94.8 - 95.5

BUY	
	<b>NGAS1K-AP26</b>
3.1810	3.78%
Expiry	26/Mar/26
Remaining	7 Days
<b>Entry</b>	3.104 - 3.124
<b>Stoploss</b>	3.05
<b>Take Profit</b>	3.178 - 3.244

SELL	
	<b>GO1OZ-AP26</b>
4,607.75	-5.89%
Expiry	27/Mar/26
Remaining	8 Days
<b>Entry</b>	4656 - 4626
<b>Stoploss</b>	4712.30
<b>Take Profit</b>	4565 - 4525

N/A	
	<b>SL10-MA26</b>
68.97	
Expiry	
Remaining	
<b>Entry</b>	---
<b>Stoploss</b>	#VALUE!
<b>Take Profit</b>	---

SELL	
	<b>PLATINUM5-AP26</b>
1,890.05	-8.10%
Expiry	27/Mar/26
Remaining	8 Days
<b>Entry</b>	1920 - 1902
<b>Stoploss</b>	1957.96
<b>Take Profit</b>	1860 - 1840

SELL	
	<b>COPPER-MY26</b>
5.3940	-3.58%
Expiry	28/Apr/26
Remaining	40 Days
<b>Entry</b>	5.42 - 5.39
<b>Stoploss</b>	5.46
<b>Take Profit</b>	5.34 - 5.32

SELL	
	<b>ICOTTON-MY26</b>
68.30	-0.58%
Expiry	22/Apr/26
Remaining	34 Days
<b>Entry</b>	67.95 - 67.81
<b>Stoploss</b>	68.09
<b>Take Profit</b>	67.1 - 66.76

SELL	
	<b>DJ-JU26</b>
46,370	-0.35%
Expiry	17/Jun/26
Remaining	90 Days
<b>Entry</b>	46556 - 46400
<b>Stoploss</b>	46860.77
<b>Take Profit</b>	46145 - 45992

SELL	
	<b>SP500-JU26</b>
6,650	-0.41%
Expiry	17/Jun/26
Remaining	90 Days
<b>Entry</b>	6672 - 6652
<b>Stoploss</b>	6722.19
<b>Take Profit</b>	6610 - 6590

SELL	
	<b>NSDQ100-JU26</b>
24,516	-0.55%
Expiry	17/Jun/26
Remaining	90 Days
<b>Entry</b>	24629 - 24543
<b>Stoploss</b>	24875.15
<b>Take Profit</b>	24341 - 24151

SELL	
	<b>GOLDUSDJPY-AP26</b>
159.20	-0.38%
Expiry	27/Mar/26
Remaining	8 Days
<b>Entry</b>	159.57 - 159.39
<b>Stoploss</b>	159.89
<b>Take Profit</b>	159.19 - 159.01

SELL	
	<b>GOLDEURUSD-AP26</b>
1.1470	0.17%
Expiry	27/Mar/26
Remaining	8 Days
<b>Entry</b>	1.1484 - 1.147
<b>Stoploss</b>	1.150
<b>Take Profit</b>	1.1442 - 1.1417

## Major Headlines

### Middle East oil premiums surge to record highs amid Iran-Israel conflict

Middle East benchmark crude oil premiums reached all-time highs on Thursday, with Dubai and Oman trading at approximately \$65 per barrel above their reference prices, driven by supply concerns following Iran's strikes on regional energy facilities, according to trade sources and Reuters data. The spike follows Tehran's retaliatory action against Israeli attacks on Iranian gas facilities, marking an escalation [see more...](#)

### Gold: March Cycle Low Could Launch Move Toward \$5,100 Expansion Level

Gold futures are currently undergoing a corrective phase within the broader structural uptrend, with price trading near 4836, below the VC PMI daily mean of 4909. This shift reflects a transition from distribution at higher levels into a mean reversion phase, where probabilities now favor testing deeper support zones before the next directional move unfolds. [see more...](#)

### U.S. stock futures inch lower with fresh oil price surge in focus

The main averages on Wall Street slumped in the prior session, following a strike on the South Pars gas field, the Iranian section of the world's biggest natural gas deposit. Tehran responded by targeting sites on gas facilities in Qatar and Saudi Arabia, as fighting between Iran and the joint forces of the U.S. and Israel threatened to spiral into a wider regional conflict. Energy prices have spiked in the wake of the South Pars attack, heaping fuel onto concerns over a potential surge [see more...](#)

### USD/JPY Price Forecast: Retreats below mid-159.00s; bullish potential seems intact

The USD/JPY pair attracts some sellers on Thursday and erodes a part of the previous day's strong move up to its highest level since July 2024. Spot prices, however, trim a part of modest intraday losses and trade just below the 159.50 area during the early European session. Meanwhile, the broader setup favors bulls and suggests that the path of least resistance for the pair remains to the upside. [see more...](#)

### EUR/USD Price Forecast: 1.1400 to be key support level after ECB's policy outcome

The EUR/USD pair is 0.16% higher to near 1.1470 during the European trading session on Thursday. The major currency pair gains as the US Dollar (USD) drops slightly, following a strong upside move on Wednesday. As of writing, the US Dollar Index (DXY), which tracks the Greenback's value against six major currencies, trades 0.1% lower to near 100.15, but is still close to its over nine-month high of 100.54 [see more...](#)

### US Dollar Is Back on the Offensive

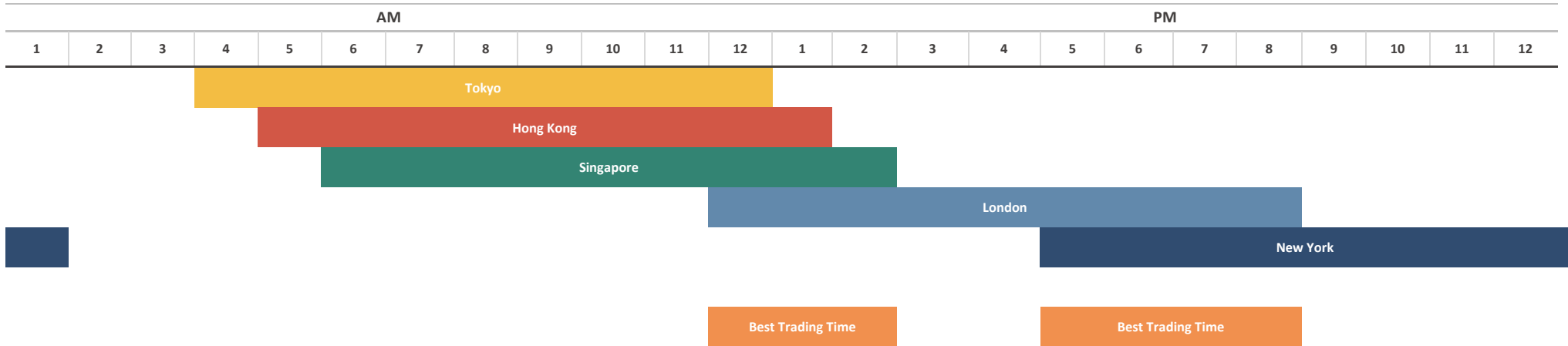
Rising oil prices and the Fed's hawkish rhetoric have allowed the US dollar to continue its advance. Israel has struck the world's largest gas field, South Pars. In response, Iran attacked a fuel hub in Qatar. Brent soared above \$112 a barrel, spurring EURUSD's decline. Donald Trump claimed that he was allegedly unaware of the Israelis' intentions. They will not do this again. The US President is clearly unhappy with the surge in oil prices, and this is not the only problem for him. [see more...](#)

## Economic Calendar

Event	Date	Time	Currency	Importance	Actual	Forecast	Previous
Philadelphia Fed Manufacturing Index (Mar)	19/3/2026	5:30 PM	USD	High volatility		8.3	16.3
Initial Jobless Claims	19/3/2026	5:30 PM	USD	High volatility		215K	213K
ECB Interest Rate Decision (Mar)	19/3/2026	6:15 PM	USD	High volatility		2.15%	2.15%
New Home Sales (Jan)	19/3/2026	7:00 PM	USD	High volatility		722K	745K

# 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.

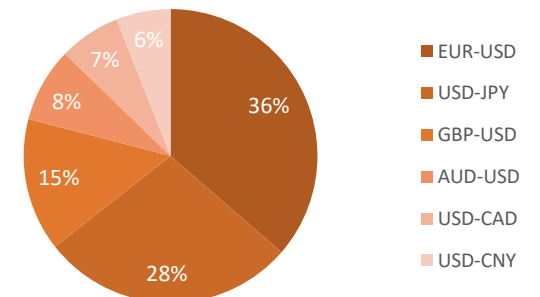
### Forex Turnover by Counterparty



### 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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