




PMEX UPDATE


BUY	
	CRUDE10-JY26
103.61	-0.74%
Expiry	19/Jun/26
Remaining	31 Days
Entry	102.61 - 103.12
Stoploss	102.01
Take Profit	103.74 - 104.61


BUY	
	NGAS1K-JU26
3.0600	1.19%
Expiry	26/May/26
Remaining	7 Days
Entry	2.98 - 2.99
Stoploss	2.96
Take Profit	3.01 - 3.04

SELL	
	GO10Z-JU26
4,546.40	-0.25%
Expiry	27/May/26
Remaining	8 Days
Entry	4535 - 4530
Stoploss	4545.00
Take Profit	4520 - 4500


BUY	
	SL10-JY26
76.50	-2.05%
Expiry	26/Jun/26
Remaining	38 Days
Entry	77.22 - 77.42
Stoploss	76.37
Take Profit	78.22 - 79.17


SELL	
	PLATINUM5-JY26
1,956.65	-1.05%
Expiry	26/Jun/26
Remaining	38 Days
Entry	1964 - 1958
Stoploss	1975.00
Take Profit	1940 - 1927


SELL	
	COPPER-JY26
6.2298	-1.36%
Expiry	22/Jun/26
Remaining	34 Days
Entry	6.25 - 6.23
Stoploss	6.30
Take Profit	6.18 - 6.15


SELL	
	ICOTTON-JY26
82.57	-1.35%
Expiry	22/Jun/26
Remaining	34 Days
Entry	82.85 - 82.55
Stoploss	83.42
Take Profit	81.77 - 81.01

BUY	
	DJ-JU26
49,651	-0.24%
Expiry	17/Jun/26
Remaining	29 Days
Entry	49514 - 49585
Stoploss	49362.00
Take Profit	49763 - 49930

SELL	
	SP500-JU26
7,395	-0.41%
Expiry	17/Jun/26
Remaining	29 Days
Entry	7405 - 7395
Stoploss	7420.00
Take Profit	7364 - 7337

SELL	
	NSDQ100-JU26
28,879	-0.75%
Expiry	17/Jun/26
Remaining	29 Days
Entry	28944 - 28882
Stoploss	29011.00
Take Profit	28746 - 28664

BUY	
	GOLDUSDJPY-JU26
159.12	0.21%
Expiry	27/May/26
Remaining	8 Days
Entry	159.05 - 159.14
Stoploss	158.94
Take Profit	159.29 - 159.39

SELL	
	GOLDEURUSD-JU26
1.1622	-0.29%
Expiry	27/May/26
Remaining	8 Days
Entry	1.1631 - 1.1622
Stoploss	1.164
Take Profit	1.1601 - 1.1591

Major Headlines

Oil dips after Trump postpones Iran attack, Tehran issues new peace proposal

Oil prices fell on Tuesday, floating just above \$110 a barrel, after U.S. President Donald Trump said he had postponed a planned attack on Iran amid ongoing negotiations with the country. Brent oil futures for July, the global oil benchmark, dropped by 1.5% to \$110.38 a barrel, while U.S. West Texas Intermediate crude futures dipped 1.1% to \$103.27 a barrel by 05:37 ET (09:37 GMT). [see more...](#)

Gold slips amid pressure from uncertainty over Iran peace agreement

Uncertainty has swirled around the state of stalemated negotiations between Washington and Tehran, with a shaky ceasefire having now lasted longer than an initial phase of fighting following the start of a joint U.S. and Israeli assault on Iran in late February. Against this backdrop, the U.S. dollar's reputation as a relative safe haven has been burnished, driven by the belief that the American economy -- as a major energy exporter -- may be broadly insulated from a jump in oil prices caused by the Iran war. [see more...](#)

US stock futures slip as yields, oil prices climb

U.S. stock index futures edged lower on Monday as rising Treasury yields and oil prices weighed on equity markets, while investors awaited key earnings from Nvidia and Walmart later in the week. The benchmark 10-year Treasury yield, which moves inversely to prices, rose as high as 4.631% earlier in the day, its highest level since February 2025, before easing slightly to 4.597%. Brent crude futures traded at \$110.21 a barrel after efforts to end the Iran war [see more...](#)

USD/JPY Price Forecast: Holds around 159.00, nearly three-week top amid geopolitical risks

The US Dollar (USD) regains positive traction amid persistent geopolitical uncertainties and bets that the US Federal Reserve (Fed) will hike interest rates by the end of this year. Furthermore, economic concerns stemming from the Middle East conflict undermine the Japanese Yen (JPY) and act as a tailwind for the USD/JPY pair. The uptick seems unaffected by Japan's upbeat Q1 GDP and intervention fears, suggesting that the path of least resistance for spot prices is to the upside. [see more...](#)

EUR/USD Price Forecast: 1.1655 acts as key barrier for Euro bulls

According to the CME FedWatch tool, the possibility of the Fed holding interest rates at their current levels by the year-end is 53%, while the rest favors at least one interest rate hike this year. This is a sharp turnaround from two interest rate cuts anticipated before the onset of the war in the Middle East. Traders have priced out the possibility of Fed interest rate cuts this year due to elevated energy prices. [see more...](#)

Dollar Strengthens Amid Rising Geopolitical Risks

The US dollar extended its gains on Friday, closing its strongest week in two months, as fresh Middle East tensions dashed hopes of a potential reopening of the Strait of Hormuz and sent oil prices rallying around 4%. Both the US dollar and oil entered the new week on the front foot. Rhetoric between US and Iranian officials suggested that huge differences remain despite several rounds of talks, peace proposals, and a ceasefire that still holds. [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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