













PMEX UPDATE

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|--|---|--|--|
| <p>SELL</p>  <p>CRUDE10-JY26 100.92 -3.31% Expiry 19/Jun/26 Remaining 30 Days</p> <p>Entry 102.33 - 101.85 Stoploss 102.92 Take Profit 100.25 - 99.55</p> | <p>SELL</p>  <p>NGAS1K-JU26 3.0720 1.59% Expiry 26/May/26 Remaining 6 Days</p> <p>Entry 3.09 - 3.07 Stoploss 3.11 Take Profit 3.02 - 2.99</p> | <p>SELL</p>  <p>GO10Z-JU26 4,505.00 -1.16% Expiry 27/May/26 Remaining 7 Days</p> <p>Entry 4532 - 4522 Stoploss 4544.00 Take Profit 4510 - 4490</p> | <p>BUY</p>  <p>SL10-JY26 75.96 -2.05% Expiry 26/Jun/26 Remaining 37 Days</p> <p>Entry 74.57 - 75.03 Stoploss 73.94 Take Profit 75.78 - 76.45</p> |
| <p>BUY</p>  <p>PLATINUM5-JY26 1,945.45 -1.62% Expiry 26/Jun/26 Remaining 37 Days</p> <p>Entry 1930 - 1933 Stoploss 1922.00 Take Profit 1940 - 1950</p> | <p>BUY</p>  <p>COPPER-JY26 6.2500 -1.04% Expiry 22/Jun/26 Remaining 33 Days</p> <p>Entry 6.25 - 6.26 Stoploss 6.19 Take Profit 6.29 - 6.31</p> | <p>SELL</p>  <p>ICOTTON-JY26 81.64 -2.46% Expiry 22/Jun/26 Remaining 33 Days</p> <p>Entry 82.28 - 81.8 Stoploss 82.81 Take Profit 80.67 - 79.94</p> | <p>BUY</p>  <p>DJ-JU26 49,654 0.39% Expiry 17/Jun/26 Remaining 28 Days</p> <p>Entry 49670 - 49695 Stoploss 49574.00 Take Profit 49825 - 49907</p> |
| <p>BUY</p>  <p>SP500-JU26 7,410 0.43% Expiry 17/Jun/26 Remaining 28 Days</p> <p>Entry 7397 - 7404 Stoploss 7380.00 Take Profit 7420 - 7435</p> | <p>BUY</p>  <p>NSDQ100-JU26 29,148 0.77% Expiry 17/Jun/26 Remaining 28 Days</p> <p>Entry 29048 - 29104 Stoploss 28922.00 Take Profit 29228 - 29382</p> | <p>BUY</p>  <p>GOLDUSDJPY-JU26 158.99 -0.05% Expiry 27/May/26 Remaining 7 Days</p> <p>Entry 159.08 - 159.14 Stoploss 159.01 Take Profit 159.29 - 159.39</p> | <p>SELL</p>  <p>GOLDEURUSD-JU26 1.1601 -0.03% Expiry 27/May/26 Remaining 7 Days</p> <p>Entry 1.1631 - 1.1621 Stoploss 1.164 Take Profit 1.1601 - 1.1591</p> |

Major Headlines

Oil prices slip as U.S. hints at Iran talks progress, tankers exit Hormuz

Oil prices fell on Wednesday as markets awaited more cues on U.S.-Iran talks after Washington flagged progress in ongoing negotiations. Brent oil futures for July, the global crude benchmark, sank by 2.5% to \$109.25 a barrel by 04:44 ET (08:44 GMT), while U.S. West Texas Intermediate crude futures dropped 1.9% to \$102.35 a barrel. Both contracts declined by about 1% on Tuesday. [see more...](#)

Gold prices stable as investors weigh bond yield spike, Iran war deal hopes

Government bond yields have risen sharply in recent days as a result. Notably, the yield on the 30-year U.S. Treasury bond, known as a gauge of how traders view the economic outlook, soared to levels not hit since the global financial crisis almost two decades ago. Yields tends to move in the opposite direction to prices. Elevated borrowing costs may not bode well for non-yielding assets like gold. At the same time, the U.S. dollar has hovered around a six-week high, possibly making bullion more expensive for overseas buyers. [see more...](#)

Wall St futures inch higher amid Nvidia results vigil, inflation concerns

U.S. stock futures pointed higher on Wednesday, as investors geared up for crucial earnings from artificial intelligence semiconductor giant Nvidia and kept tabs on elevated government bond yields. By 06:38 ET (10:38 GMT), the Dow futures contract had jumped by 128 points, or 0.3%, S&P 500 futures had risen by 30 points, or 0.4%, and Nasdaq 100 futures were up by 208 points, or 0.7%. [see more...](#)

USD/JPY Price Forecast: Hovers around 159.00 near descending channel top

USD/JPY halts its seven-day winning streak, trading around 159.00 during the European hours on Wednesday. The currency pair holds above the nine- and 50-period Exponential Moving Averages (EMAs), keeping a constructive upside bias in place after recovering from last week's dip. Additionally, the 14-day Relative Strength Index (RSI) sits around 55, hinting at moderate bullish momentum rather than overbought conditions as price consolidates just under the recent highs. [see more...](#)

Euro hits fresh six-week lows after Eurozone's final inflation data

The Euro (EUR) edges lower against the US Dollar (USD) on Wednesday, testing fresh six-week lows near 1.1590 at the time of writing. Oil prices remain above \$100 as the US and Iran ramp up threats, boosting the safe-haven USD, while the final Eurozone's Harmonized Index of Consumer Prices (HICP) has failed to support the Euro. The final Eurozone HICP confirmed preliminary figures showing that price [see more...](#)

US Dollar Index (DXY) pushes against 99.44 highs amid growing geopolitical risks

The US Dollar (USD) keeps marching higher on Wednesday, favored by its safe-haven status, as the uncertain situation in Iran and high Oil prices keep risk appetite subdued. The US Dollar Index (DXY), which measures the value of the US Dollar against a basket of major currency peers, is trading a few pips below six-week highs at 99.44. The DXY found sellers at a previous resistance zone, in the 99.00 area on Tuesday, and bounced up again, as investors gave up hopes of a swift end to Iran's war. [see more...](#)

Economic Calendar

| Event | Date | Time | Currency | Importance | Actual | Forecast | Previous |
|-----------------------|-----------|----------|----------|-----------------|--------|----------|----------|
| Crude Oil Inventories | 20/5/2026 | 7:30 PM | USD | High volatility | | -2.500M | -4.306M |
| FOMC Meeting Minutes | 20/5/2026 | 11:00 PM | USD | High volatility | | | |

FOREX MARKETS' STATISTICS

Forex Market Hours

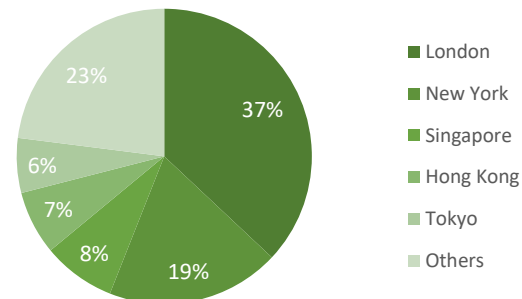


Note: This chart shows the normal forex trading times of all the major forex trading centers across the globe in Pakistan Standard Time.

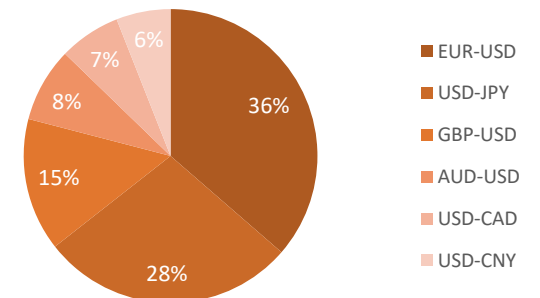
Forex Turnover by Counterparty



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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