

# PMEX UPDATE

<p><b>BUY</b></p>  <p><b>CRUDE10-JY26</b> 100.45 <span style="color: green;">2.23%</span> Expiry 19/Jun/26 Remaining 29 Days</p> <p><b>Entry</b> 99.3 - 99.84 <b>Stoploss</b> 98.71 <b>Take Profit</b> 100.85 - 101.55</p>	<p><b>BUY</b></p>  <p><b>NGAS1K-JU26</b> 3.0290 <span style="color: green;">0.17%</span> Expiry 26/May/26 Remaining 5 Days</p> <p><b>Entry</b> 3.002 - 3.018 <b>Stoploss</b> 2.98 <b>Take Profit</b> 3.068 - 3.099</p>	<p><b>SELL</b></p>  <p><b>GO10Z-JU26</b> 4,516.32 <span style="color: red;">-0.91%</span> Expiry 27/May/26 Remaining 6 Days</p> <p><b>Entry</b> 4530 - 4524 <b>Stoploss</b> 4543.00 <b>Take Profit</b> 4510 - 4500</p>	<p><b>BUY</b></p>  <p><b>SL10-JY26</b> 75.32 <span style="color: red;">-2.05%</span> Expiry 26/Jun/26 Remaining 36 Days</p> <p><b>Entry</b> 74.39 - 74.6 <b>Stoploss</b> 74.01 <b>Take Profit</b> 75.16 - 75.77</p>
<p><b>SELL</b></p>  <p><b>PLATINUM5-JY26</b> 1,934.05 <span style="color: red;">-2.19%</span> Expiry 26/Jun/26 Remaining 36 Days</p> <p><b>Entry</b> 1936 - 1931 <b>Stoploss</b> 1945.00 <b>Take Profit</b> 1916 - 1900</p>	<p><b>SELL</b></p>  <p><b>COPPER-JY26</b> 6.2638 <span style="color: red;">-0.82%</span> Expiry 22/Jun/26 Remaining 32 Days</p> <p><b>Entry</b> 6.26 - 6.25 <b>Stoploss</b> 6.29 <b>Take Profit</b> 6.22 - 6.2</p>	<p><b>SELL</b></p>  <p><b>ICOTTON-JY26</b> 79.69 <span style="color: red;">-4.79%</span> Expiry 22/Jun/26 Remaining 32 Days</p> <p><b>Entry</b> 80.12 - 79.68 <b>Stoploss</b> 80.75 <b>Take Profit</b> 78.78 - 78.1</p>	<p><b>BUY</b></p>  <p><b>DJ-JU26</b> 49,991 <span style="color: red;">-0.21%</span> Expiry 17/Jun/26 Remaining 27 Days</p> <p><b>Entry</b> 49700 - 49763 <b>Stoploss</b> 49650.00 <b>Take Profit</b> 49861 - 49940</p>
<p><b>BUY</b></p>  <p><b>SP500-JU26</b> 7,430 <span style="color: red;">-0.30%</span> Expiry 17/Jun/26 Remaining 27 Days</p> <p><b>Entry</b> 7455 - 7465 <b>Stoploss</b> 7435.00 <b>Take Profit</b> 7488 - 7510</p>	<p><b>BUY</b></p>  <p><b>NSDQ100-JU26</b> 29,246 <span style="color: red;">-0.49%</span> Expiry 17/Jun/26 Remaining 27 Days</p> <p><b>Entry</b> 29450 - 29494 <b>Stoploss</b> 28922.00 <b>Take Profit</b> 29643 - 29751</p>	<p><b>BUY</b></p>  <p><b>GOLDUSDJPY-JU26</b> 159.12 <span style="color: green;">0.13%</span> Expiry 27/May/26 Remaining 6 Days</p> <p><b>Entry</b> 159.22 - 159.26 <b>Stoploss</b> 159.05 <b>Take Profit</b> 159.38 - 159.48</p>	<p><b>SELL</b></p>  <p><b>GOLDEURUSD-JU26</b> 1.1606 <span style="color: red;">-0.16%</span> Expiry 27/May/26 Remaining 6 Days</p> <p><b>Entry</b> 1.1618 - 1.1612 <b>Stoploss</b> 1.163 <b>Take Profit</b> 1.1593 - 1.1583</p>

## Major Headlines

**Oil rises over 1% after Reuters report signals complication to US-Iran peace talks**

Oil prices rose over 1% on Thursday after Reuters reported that Iran's Supreme Leader has issued a directive that the country's near-weapons-grade uranium should not be sent abroad. The report, which cited two senior Iranian sources, signaled that Iran was hardening Tehran's stance on one of the main U.S. demands at peace talks. Ayatollah Mojtaba Khamenei's order could further frustrate [see more...](#)

**Gold prices waver amid elevated yields, steady dollar**

Optimism has been swirling around a possible deal to end the more than two-month war between the U.S. and Iran. President Donald Trump said the U.S. was in the "final stages" of a potential draft peace agreement, although he raised the specter of a re-escalation in hostilities, warning that "we're going to do some things that are a little bit nasty" should a deal not be reached. Iran, for its part, has said that it is reviewing Washington's most recent position on concluding the conflict. [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: Remains close to 159.00, descending channel top**

USD/JPY remains subdued for the second successive day, trading around 158.90 during the early European hours on Thursday. The currency pair is holding a constructive bullish bias as spot remains above both the nine-day and 50-day Exponential Moving Averages (EMAs). Additionally, the 14-day Relative Strength Index (RSI) at 54.5 sits in neutral-positive territory, hinting that upside momentum is steady [see more...](#)

**Euro tests 10-day lows against British Pound after UK, Eurozone preliminary PMIs**

The Euro's (EUR) frail recovery attempt against the British Pound (GBP) has been capped below 0.8660, as the pair retreats on Thursday, testing one and a half week lows below 0.8642 at the time of writing. Eurozone preliminary HCOB Purchasing Manager's Index (PMI) data has disappointed, while the UK's business activity seems more resilient amid the energy shock stemming from Iran's war. [see more...](#)

**Iran's Supreme Leader: Near-weapons-grade uranium must stay in Iran**

According to Reuters, Iran's Supreme Leader has ordered that near-weapons-grade uranium must stay in Iran. The agency also reported that sources familiar believe Supreme Leader's directive reflects consensus among the Iranian establishment. This statement is in contrast to Washington's demand that Iran must surrender its uranium enrichment if it wants a deal. [see more...](#)

## Economic Calendar

Event	Date	Time	Currency	Importance	Actual	Forecast	Previous
Philadelphia Fed Manufacturing Index (May)	21/5/2026	5:30 PM	USD	High volatility		17.6	26.7
Initial Jobless Claims	21/5/2026	5:30 PM	USD	High volatility		210K	211K
S&P Global Manufacturing PMI (May)	21/5/2026	6:45 PM	USD	High volatility		53.8	54.5
S&P Global Services PMI (May)	21/5/2026	6:45 PM	USD	High volatility		51.1	51

# 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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