

# PMEX UPDATE

<p><b>BUY</b></p>  <p><b>CRUDE10-JY26</b> 91.09 <span style="color:red">-1.16%</span> Expiry 19/Jun/26 Remaining 17 Days</p> <p><b>Entry</b> 89.62 - 90.01</p> <p><b>Stoploss</b> 89.05</p> <p><b>Take Profit</b> 91.01 - 92.25</p>	<p><b>BUY</b></p>  <p><b>NGAS1K-Jy26</b> 3.2020 <span style="color:green">0.72%</span> Expiry 25/Jun/26 Remaining 23 Days</p> <p><b>Entry</b> 3.22 - 3.42</p> <p><b>Stoploss</b> 3.18</p> <p><b>Take Profit</b> 3.28 - 3.31</p>	<p><b>BUY</b></p>  <p><b>GO10Z-AU26</b> 4,558.97 <span style="color:green">1.17%</span> Expiry 29/Jul/26 Remaining 57 Days</p> <p><b>Entry</b> 4535 - 4540</p> <p><b>Stoploss</b> 4525.00</p> <p><b>Take Profit</b> 4550 - 4560</p>	<p><b>BUY</b></p>  <p><b>SL10-JY26</b> 76.73 <span style="color:red">-2.05%</span> Expiry 26/Jun/26 Remaining 24 Days</p> <p><b>Entry</b> 76.09 - 76.31</p> <p><b>Stoploss</b> 75.74</p> <p><b>Take Profit</b> 77.02 - 77.35</p>
<p><b>BUY</b></p>  <p><b>PLATINUM5-JY26</b> 1,960.05 <span style="color:green">1.64%</span> Expiry 26/Jun/26 Remaining 24 Days</p> <p><b>Entry</b> 1953 - 1958</p> <p><b>Stoploss</b> 1945.00</p> <p><b>Take Profit</b> 1970 - 1980</p>	<p><b>BUY</b></p>  <p><b>COPPER-JY26</b> 6.6443 <span style="color:green">1.40%</span> Expiry 22/Jun/26 Remaining 20 Days</p> <p><b>Entry</b> 6.56 - 6.58</p> <p><b>Stoploss</b> 6.53</p> <p><b>Take Profit</b> 6.62 - 6.68</p>	<p><b>BUY</b></p>  <p><b>ICOTTON-JY26</b> 80.72 <span style="color:green">0.70%</span> Expiry 22/Jun/26 Remaining 20 Days</p> <p><b>Entry</b> 80.15 - 80.5</p> <p><b>Stoploss</b> 79.76</p> <p><b>Take Profit</b> 81.05 - 81.42</p>	<p><b>BUY</b></p>  <p><b>DJ-JU26</b> 50,925 <span style="color:red">-0.41%</span> Expiry 17/Jun/26 Remaining 15 Days</p> <p><b>Entry</b> 50831 - 50896</p> <p><b>Stoploss</b> 50760.00</p> <p><b>Take Profit</b> 51063 - 51184</p>
<p><b>BUY</b></p>  <p><b>SP500-JU26</b> 7,600 <span style="color:red">-0.17%</span> Expiry 17/Jun/26 Remaining 15 Days</p> <p><b>Entry</b> 7612 - 7615</p> <p><b>Stoploss</b> 7600.00</p> <p><b>Take Profit</b> 7626 - 7640</p>	<p><b>BUY</b></p>  <p><b>NSDQ100-JU26</b> 30,558 <span style="color:red">-0.03%</span> Expiry 17/Jun/26 Remaining 15 Days</p> <p><b>Entry</b> 30591 - 30608</p> <p><b>Stoploss</b> 30508.00</p> <p><b>Take Profit</b> 30672 - 30730</p>	<p><b>BUY</b></p>  <p><b>GOLDUSDJPY-JY26</b> 159.74 <span style="color:green">0.05%</span> Expiry 26/Jun/26 Remaining 24 Days</p> <p><b>Entry</b> 159.7 - 159.75</p> <p><b>Stoploss</b> 159.63</p> <p><b>Take Profit</b> 159.81 - 159.88</p>	<p><b>BUY</b></p>  <p><b>GOLDEURUSD-JY26</b> 1.1651 <span style="color:green">0.16%</span> Expiry 26/Jun/26 Remaining 24 Days</p> <p><b>Entry</b> 1.1644 - 1.1648</p> <p><b>Stoploss</b> 1.164</p> <p><b>Take Profit</b> 1.1661 - 1.1671</p>

## Major Headlines

### Oil falls more than 1% after Trump says talks with Iran ongoing

Oil prices fell more than 1% on Tuesday, paring the previous session's sharp gains, after U.S. President Donald Trump said talks with Iran were ongoing. Trump's comments came despite a report that Tehran had suspended indirect negotiations with Washington to end hostilities. Brent crude futures were down \$1.53, or 1.6%, to \$93.45 a barrel at 0939 GMT, while U.S. West Texas Intermediate fell \$1.42, or 1.5%, to \$90.74 a barrel. [see more...](#)

### Gold prices gain as oil price drop soothes inflation, rate hike worries

Gold prices rose on Tuesday, rebounding from recent losses, as a fall in oil prices helped to ease some worries over an energy-induced inflation burst and central bank interest rate increases. By 06:18 ET (10:18 GMT), spot gold had jumped by 1.0% to \$4,528.32 an ounce, while gold futures gained 1.2% to \$4,558.62 an ounce. The yellow metal fell sharply in the prior session, after media reports said Iran had halted sending mediated messages to the U.S. in response to increased Israeli military activity against Iran-backed Hezbollah in Lebanon.. [see more...](#)

### Stocks bounce as AI optimism offsets Middle East anxiety

Global stocks rallied on Tuesday, buoyed by fresh AI optimism after Anthropic moved towards a U.S. stock market listing, while oil prices and bond yields fell on renewed hopes of a U.S.-Iran deal. Brent crude futures dropped more than 1% to \$94 a barrel, paring the previous session's sharp gains, after U.S. President Donald Trump said talks with Iran were ongoing. His comments came despite a report that Tehran had suspended indirect negotiations [see more...](#)

### USD/JPY Price Forecast: Sits near one-month high, below 160.00 intervention threshold

The USD/JPY pair extends its sideways consolidative price move through the first half of the European session on Tuesday and currently trades around the 159.70-159.75 region, or over a one-month top. Economic concerns stemming from the Middle East continue to undermine the Japanese Yen (JPY) and act as a tailwind for the currency pair. However, speculations that Japanese authorities will step in again to prop up the domestic currency hold back the JPY bears from placing aggressive bets. Furthermore, a partial ceasefire between Hezbollah and Israel eases fears. [see more...](#)

### Euro consolidates losses against the British Pound despite high inflation figures

The Euro (EUR) remains vulnerable against the British Pound (GBP) on Tuesday, capped below 0.8650, consolidating losses from the previous two trading days. The hotter Eurozone inflation figures have failed to provide any significant support to the Euro, as they do not alter the view that the European Central Bank (ECB) will hike rates next week. Preliminary data released by Eurostat on Tuesday [see more...](#)

### US dollar steady amid Iran ceasefire uncertainty, Fed rate concerns.

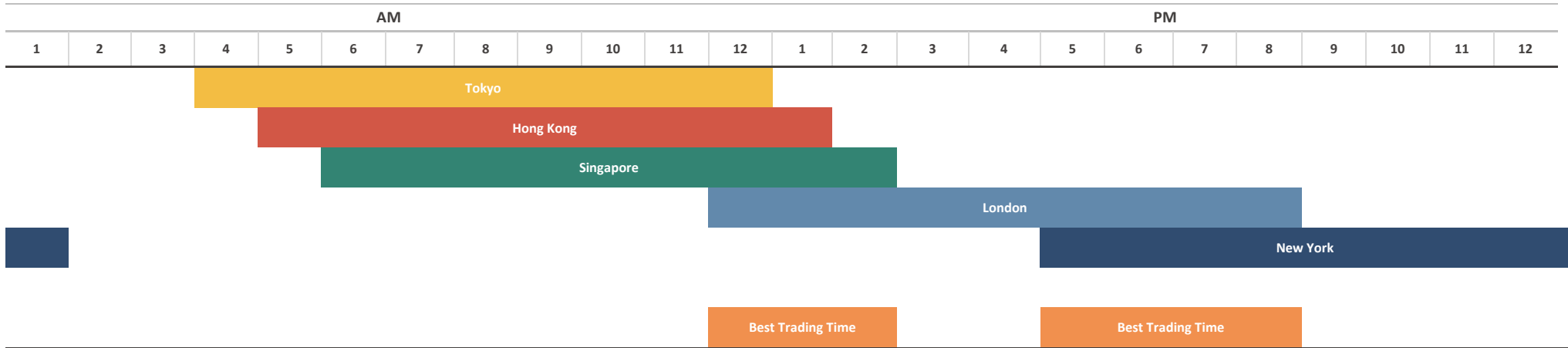
The U.S. dollar traded little changed on Monday, as investors weighed persistent geopolitical uncertainty in the Middle East, along with growing inflation concerns that could keep U.S. interest rates elevated for longer. The US Dollar Index hovered near 99.0, up 0.1% after a weekly decline. Markets remained focused on developments in the Middle East and the outlook for global monetary policy. The U.S. military said it struck Iranian military sites over the weekend, targeting air-defense and drone-related facilities after Iran. [see more...](#)

## Economic Calendar

JOLTS Job Openings (Apr)

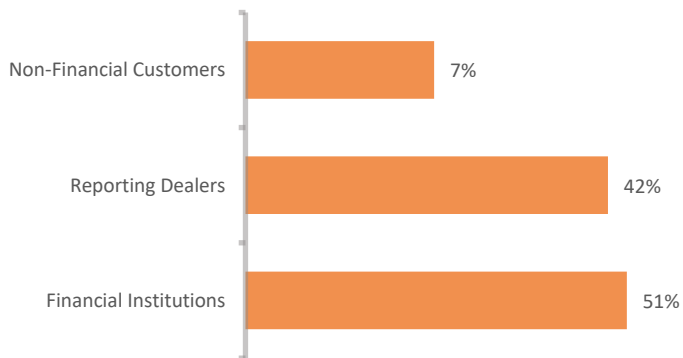
# FOREX MARKETS' STATISTICS

## Forex Market Hours

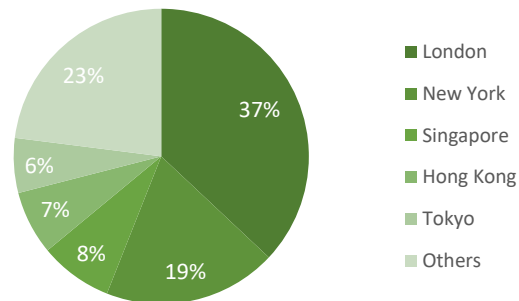


Note: This chart shows the normal forex trading times of all the major forex trading centers across the globe in Pakistan Standard Time.

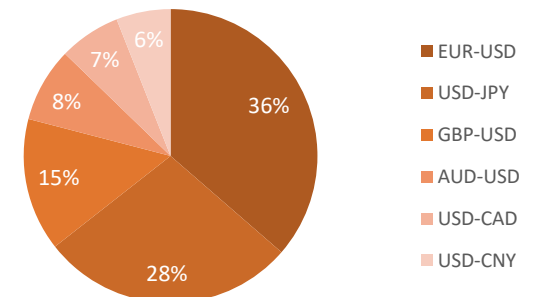
### Forex Turnover by Counterparty



### 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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