PMEX UPDATE

BUY	
CRUDE10-SE26	
90.60	4.34%
Expiry	19/Aug/26
Remaining	27 Days
Entry	91.42 - 91.52
Stoploss	90.33
Take Profit	92.41 - 92.81

BUY	
NGAS1K-AU26	
2.9590	1.16%
Expiry	28/Jul/26
Remaining	5 Days
Entry	2.97 - 2.98
Stoploss	2.95
Take Profit	3.002 - 3.017

SELL	
GO1OZ-AU26	
4,086.32	-1.58%
Expiry	29/Jul/26
Remaining	6 Days
Entry	4121 - 4113
Stoploss	4141.00
Take Profit	4100 - 4080

SELL	
SL10-SE26	
58.74	-2.05%
Expiry	27/Aug/26
Remaining	35 Days
Entry	59.46 - 59.09
Stoploss	60.13
Take Profit	58.34 - 57.92

SELL	
PLATINUM5-OC26	
1,628.70	-1.49%
Expiry	28/Sep/26
Remaining	67 Days
Entry	1634 - 1627
Stoploss	1650.00
Take Profit	1612 - 1605

BUY	
COPPER-DE26	
6.4570	-0.56%
Expiry	24/Nov/26
Remaining	124 Days
Entry	6.42 - 6.45
Stoploss	6.38
Take Profit	6.47 - 6.52

BUY	
ICOTTON-DE26	
81.90	0.97%
Expiry	19/Nov/26
Remaining	119 Days
Entry	81.38 - 81.68
Stoploss	81.00
Take Profit	82.42 - 82.76

SELL	
DJ-SE26	
52,148	-0.57%
Expiry	17/Sep/26
Remaining	56 Days
Entry	52231 - 52184
Stoploss	52366.00
Take Profit	51970 - 51877

SELL	
SP500-SE26	
7,498	-0.56%
Expiry	17/Sep/26
Remaining	56 Days
Entry	7508 - 7500
Stoploss	7530.00
Take Profit	7475 - 7458

SELL	
NSDQ100-SE26	
28,949	-0.80%
Expiry	17/Sep/26
Remaining	56 Days
Entry	29050 - 28974
Stoploss	29193.00
Take Profit	28796 - 28716

BUY	
GOLDUSDJPY-AU26	
163.48	0.20%
Expiry	29/Jul/26
Remaining	6 Days
Entry	163.18 - 163.25
Stoploss	163.08
Take Profit	163.38 - 163.48

SELL	
GOLDEURUSD-AU26	
1.1392	-0.18%
Expiry	29/Jul/26
Remaining	6 Days
Entry	1.1411 - 1.1405
Stoploss	1.142
Take Profit	1.1395 - 1.1384

PMEX UPDATE

Major Headlines

Oil Rises Again as Mideast Tensions Worsen, Euro Firms Ahead of ECB

Far from returning to the negotiating table, the United States and Iran exchanged fire for a twelfth night in a row, as President Trump made fresh threats against Tehran, while Houthi rebels in Yemen struck Saudi tankers in the Red Sea. Fighting continues to rage across the Middle East, spreading as far as the Red Sea after Iran-backed Houthi rebels raised the stakes by imposing their own blockade of Saudi ships passing along the Bab al-Mandab Strait.

Gold tests $4,155 resistance amid fading volume

Despite bulls showing muscle—MACD readings rising and price pushing above short-term moving averages—the macro downtrend is far from over. The defining battlefield? A narrow zone between $4,130 and $4,170, reinforced by both Fibonacci retracements and historical resistance, where a bull trap looms large. Volume's drop on recent upswings suggests aggressive buying might lack true conviction. In short: bulls are lively, but the bears set the rules here.

Wall St futures ease as Big Tech earnings rekindle AI spending worries,

U.S. stock index futures dipped on Thursday as concerns over heavy AI spending resurfaced after the first batch of Big Tech earnings, while another jump in oil prices linked to the widening Middle East conflict weighed on sentiment. Second-quarter results from Alphabet and Tesla, the first of the so-called "Magnificent Seven" megacap companies to report this season, failed to impress investors.

USD/JPY Price Forecast: Remains above 163.00 near fresh 40-year highs

USD/JPY inches higher after posting minor losses in the previous day, trading around 163.20 during the European hours on Thursday. The currency pair is holding a clear bullish bias as spot remains above both the nine-day and 50-day Exponential Moving Averages (EMAs). The alignment of the shorter EMA above the longer one reinforces the uptrend.

EUR/USD Price Forecast: Reflects strength ahead of ECB's policy decision

The Euro (EUR) is up 0.15% at around 1.1430 against the US Dollar (USD) during the early European trading session on Thursday. The EUR/USD pair rises as the major currency outperforms its peers ahead of the European Central Bank's (ECB) monetary policy announcement at 12:15 GMT.

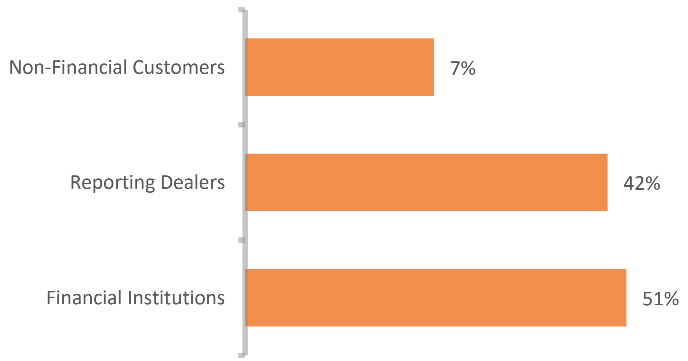
Economic Calendar

ECB Interest Rate Decision (Jul), Initial Jobless Claims

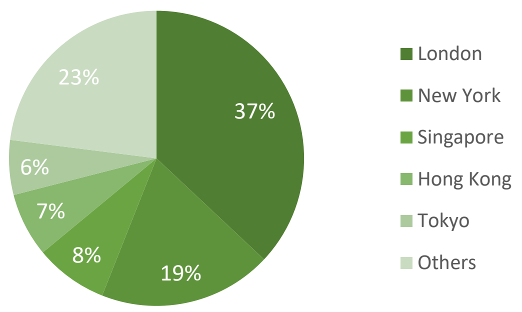
Forex Market Hours

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

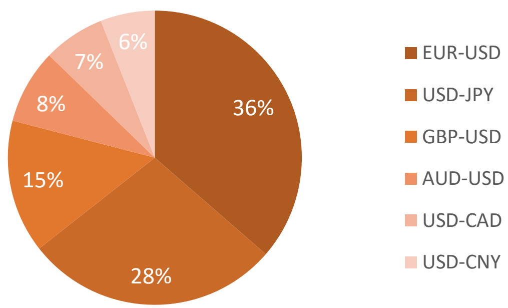
Forex Turnover by Counterparty



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: 278.22
- JPY/PKR: 1.70

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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