

# PMEX UPDATE

SELL	
	<b>CRUDE10-AU26</b>
68.86	-0.92%
Expiry	20/Jul/26
Remaining	19 Days
<b>Entry</b>	69.58 - 69.32
<b>Stoploss</b>	69.93
<b>Take Profit</b>	68.61 - 68.01

SELL	
	<b>NGAS1K-AU26</b>
3.2340	-1.25%
Expiry	28/Jul/26
Remaining	27 Days
<b>Entry</b>	3.24 - 3.23
<b>Stoploss</b>	3.28
<b>Take Profit</b>	3.19 - 3.17

BUY	
	<b>GO10Z-AU26</b>
4,043.12	0.11%
Expiry	29/Jul/26
Remaining	28 Days
<b>Entry</b>	4014 - 4018
<b>Stoploss</b>	4000.00
<b>Take Profit</b>	4030 - 4040

SELL	
	<b>SL10-SE26</b>
59.29	-2.05%
Expiry	26/Aug/26
Remaining	56 Days
<b>Entry</b>	60.48 - 60.11
<b>Stoploss</b>	61.63
<b>Take Profit</b>	59.35 - 58.13

SELL	
	<b>PLATINUM5-JY26</b>
1,570.70	0.31%
Expiry	26/Jun/26
Remaining	-5 Days
<b>Entry</b>	1590 - 1584
<b>Stoploss</b>	1604.00
<b>Take Profit</b>	1568 - 1551

SELL	
	<b>COPPER-DE26</b>
6.1563	-1.56%
Expiry	24/Nov/26
Remaining	146 Days
<b>Entry</b>	6.2 - 6.18
<b>Stoploss</b>	6.24
<b>Take Profit</b>	6.14 - 6.08

BUY	
	<b>ICOTTON-DE26</b>
77.95	1.50%
Expiry	19/Nov/26
Remaining	141 Days
<b>Entry</b>	77.45 - 77.55
<b>Stoploss</b>	76.92
<b>Take Profit</b>	77.99 - 78.35

SELL	
	<b>DJ-SE26</b>
52,523	-0.28%
Expiry	17/Sep/26
Remaining	78 Days
<b>Entry</b>	52511 - 52497
<b>Stoploss</b>	52666.00
<b>Take Profit</b>	52341 - 52228

BUY	
	<b>SP500-SE26</b>
7,535	-0.18%
Expiry	17/Sep/26
Remaining	78 Days
<b>Entry</b>	7492 - 7506
<b>Stoploss</b>	7476.00
<b>Take Profit</b>	7525 - 7551

BUY	
	<b>NSDQ100-SE26</b>
30,375	-0.49%
Expiry	17/Sep/26
Remaining	78 Days
<b>Entry</b>	30151 - 30240
<b>Stoploss</b>	30043.00
<b>Take Profit</b>	30365 - 30495

BUY	
	<b>GOLDUSDJPY-AU26</b>
162.70	0.11%
Expiry	26/Aug/26
Remaining	56 Days
<b>Entry</b>	162.52 - 162.58
<b>Stoploss</b>	162.42
<b>Take Profit</b>	162.68 - 162.82

SELL	
	<b>GOLDEURUSD-AU26</b>
1.1383	-0.32%
Expiry	26/Aug/26
Remaining	56 Days
<b>Entry</b>	1.1388 - 1.1381
<b>Stoploss</b>	1.141
<b>Take Profit</b>	1.1355 - 1.1338

## Major Headlines

### US Crude Oil Inventories Keep Falling as Hormuz Flows Slow to Start

The American Petroleum Institute (API) estimated that crude oil inventories in the United States fell by 6.072 million barrels in the week ending June 26. In the week prior, US crude oil inventories fell by 765,000 barrels. Although commercial crude oil inventories excluding the SPR have been falling rapidly for more than two months, shedding 59.4 million barrels over the last eleven weeks, US crude inventories are only down 8 million barrels so far this year, according to API data, kept in check by draws from the SPR.

### Gold near oversold as double bottom forms at \$3,955

Gold remains in a confirmed multi-timeframe downtrend. Price is stuck beneath all major moving averages (20, 50, 100, 200) and is far below the Ichimoku Cloud (\$4,033–\$4,177), signaling persistent seller dominance. The RSI at 35.25 indicates near-oversold conditions, but no bullish divergence yet—momentum is still with the bears.

### Wall St futures dip with Warsh comments, U.S.-Iran talks uncertainty in focus

U.S. stock futures pointed lower on Wednesday, as investors geared up for fresh statements from Federal Reserve Chair Kevin Warsh and kept tabs on uncertain peace talks between the U.S. and Iran. Wall Street's main indices advanced on Tuesday, notching a positive end to a volatile second quarter. An ongoing recovery in tech stocks from declines last week underpinned sentiment, with a tracker of semiconductor stocks in particular posting another large gain.

### USD/JPY Price Forecast: Extends rally to near 162.70 amid soaring US bond yields

The USD/JPY pair trades 0.1% higher to near 162.73 during the European trading session on Wednesday. The pair reflects strength as surging United States (US) Treasury Yields have strengthened the US Dollar (USD). In the European trade, 10-year US Treasury Yields are up 0.18% to 4.47%, extending Tuesday's little over 2% gains. The US Dollar Index (DXY), which tracks the Greenback's value against six major currencies, is up 0.16% to near 101.33.

### EUR/USD Price Forecast: Weakens to near 1.1400 as ECB hike bets recede, bearish vibe prevails

The EUR/USD pair trades on a negative note near 1.1410 during the early European trading hours on Wednesday. Cooling inflation in Germany has lowered expectations for the European Central Bank (ECB) rate hikes, weighing on the Euro (EUR) against the US Dollar (USD). Germany's Consumer Price Index (CPI) inflation fell to 2.3% in June, down from 2.6% in May, according to Destatis on Tuesday.

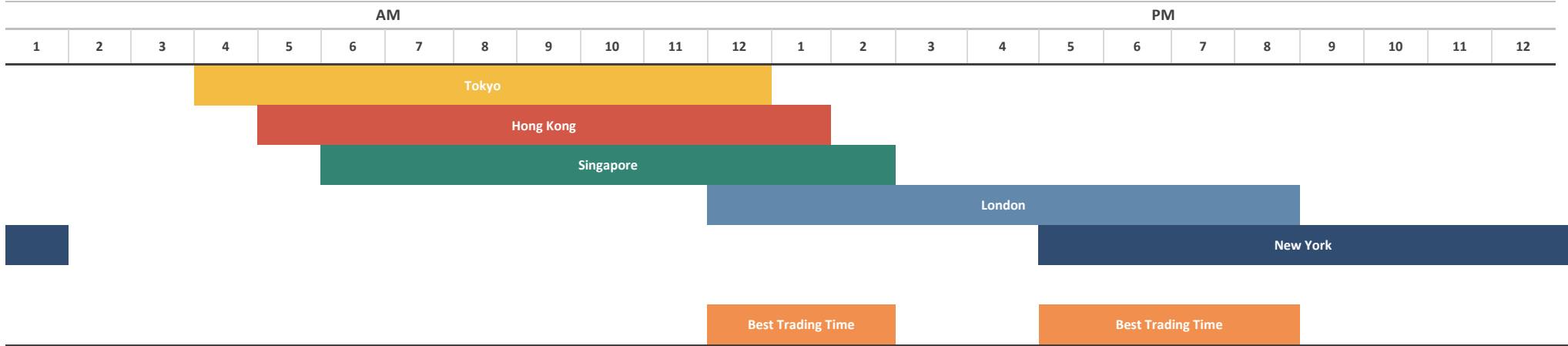
## Economic Calendar

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ADP Nonfarm Employment Change (Jun)   S&P Global Manufacturing PMI   (Jun) ISM Manufacturing PMI (Jun)   ISM Manufacturing Prices (Jun)   Crude Oil Inventories

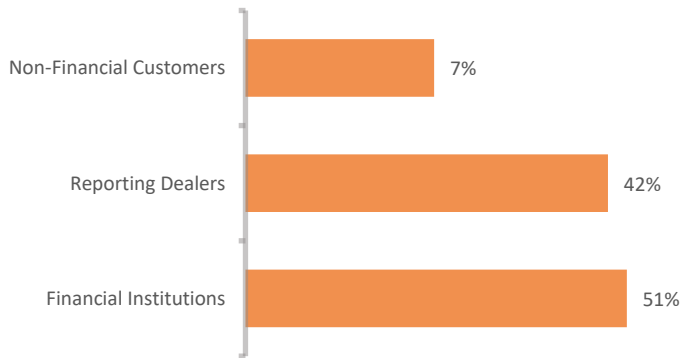
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## Forex Market Hours

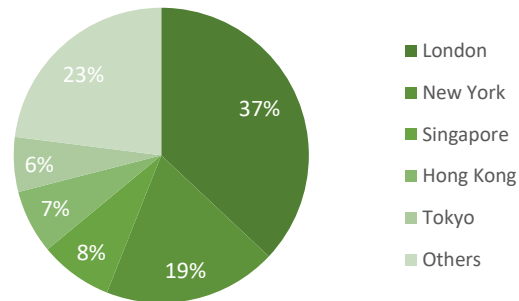


Note: This chart shows the normal forex trading times of all the major forex trading centers across the globe in Pakistan Standard Time.

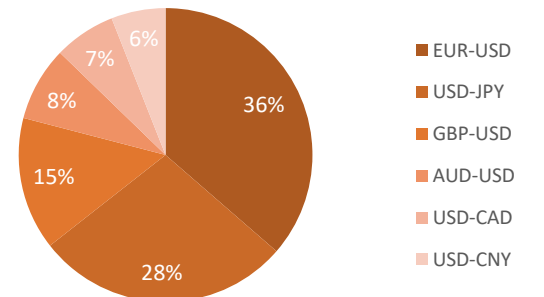
### Forex Turnover by Counterparty



### Markets' Share in Total Forex Turnover



### Most Traded Currency Pairs



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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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