

PMEX UPDATE

SELL	
	CRUDE10-AU26
71.08	0.47%
Expiry	20/Jul/26
Remaining	20 Days
Entry	71.4 - 71.18
Stoploss	71.91
Take Profit	70.62 - 70.17

SELL	
	NGAS1K-AU26
3.2460	2.04%
Expiry	28/Jul/26
Remaining	28 Days
Entry	3.26 - 3.25
Stoploss	3.29
Take Profit	3.22 - 3.19

BUY	
	GO10Z-AU26
4,045.60	0.17%
Expiry	29/Jul/26
Remaining	29 Days
Entry	4001 - 4008
Stoploss	3986.00
Take Profit	4018 - 4028

BUY	
	SL10-SE26
59.45	-2.05%
Expiry	26/Aug/26
Remaining	57 Days
Entry	58.76 - 59.28
Stoploss	57.82
Take Profit	60.73 - 61.21

SELL	
	PLATINUM5-JY26
1,603.85	0.73%
Expiry	26/Jun/26
Remaining	-4 Days
Entry	1621 - 1613
Stoploss	1634.00
Take Profit	1602 - 1590

BUY	
	COPPER-DE26
6.2613	1.59%
Expiry	24/Nov/26
Remaining	147 Days
Entry	6.18 - 6.2
Stoploss	6.14
Take Profit	6.24 - 6.29

BUY	
	ICOTTON-DE26
77.24	1.03%
Expiry	19/Nov/26
Remaining	142 Days
Entry	77.54 - 77.66
Stoploss	76.63
Take Profit	77.99 - 78.35

BUY	
	DJ-SE26
52,645	0.14%
Expiry	17/Sep/26
Remaining	79 Days
Entry	52688 - 52722
Stoploss	52567.00
Take Profit	52794 - 52864

BUY	
	SP500-SE26
7,514	0.19%
Expiry	17/Sep/26
Remaining	79 Days
Entry	7484 - 7494
Stoploss	7466.00
Take Profit	7510 - 7530

BUY	
	NSDQ100-SE26
30,148	0.32%
Expiry	17/Sep/26
Remaining	79 Days
Entry	29878 - 29961
Stoploss	29702.00
Take Profit	30098 - 30310

BUY	
	GOLDUSDJPY-AU26
162.41	0.29%
Expiry	26/Aug/26
Remaining	57 Days
Entry	161.95 - 162.03
Stoploss	161.84
Take Profit	162.12 - 162.22

SELL	
	GOLDEURUSD-AU26
1.1395	-0.25%
Expiry	26/Aug/26
Remaining	57 Days
Entry	1.1413 - 1.1404
Stoploss	1.143
Take Profit	1.1378 - 1.1355

Major Headlines

Oil prices inch down as U.S.-Iran talks temper Hormuz supply concerns

Oil prices edged lower on Tuesday as investors weighed prospects for renewed U.S.-Iran talks against lingering concerns over supply disruptions following fresh military exchanges between the two countries. At 04:56 ET (08:56 GMT), Brent crude futures, the global oil benchmark, fell 0.6% to \$72.69 a barrel, while U.S. West Texas Intermediate crude futures fell 0.5% to \$70.41 a barrel.

Gold Declines as Fed Policy and Geopolitics Weigh

Gold prices fell below 4,000 USD per troy ounce on Tuesday, reaching their lowest level in nearly eight months. The precious metal remains under pressure amid expectations of further Federal Reserve tightening and ongoing uncertainty over the Middle East situation. Since the start of June, gold has lost more than 12%, with quarterly losses estimated at approximately 15%. Markets continue to price in three Fed rate hikes for the remainder of the year, with the first potentially coming in September.

U.S. stock futures stabilize with tech rebound, Iran talks in focus

U.S. stock index futures steadied on Tuesday, ahead of the final trading session of a first half and second quarter that has been filled with geopolitical strife and questions around the trajectory of massive spending on artificial intelligence. By 06:09 ET (10:09 GMT), the Dow futures contract had risen by 109 points, or 0.2%, S&P 500 futures had gained 7 points, or 0.1%, and Nasdaq 100 futures had advanced by 35 points, or 0.1%.

USD/JPY Price Forecast: Holds breakout above 162.00

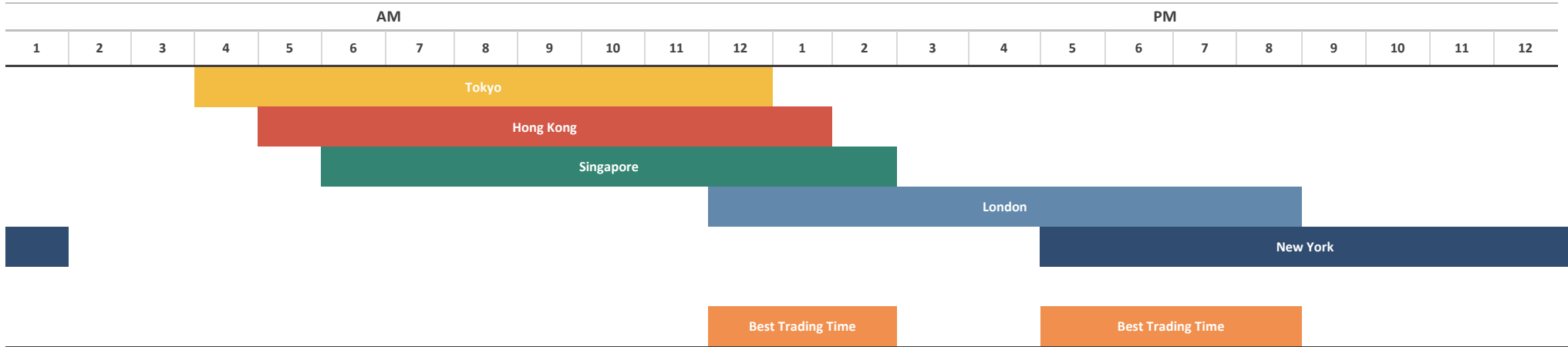
The USD/JPY pair trades 0.16% higher to near 162.25 during the European trading session on Tuesday, the highest level seen in over four decades. The pair trades firmly as the US Dollar (USD) outperforms ahead of the United States (US) Nonfarm Payrolls (NFP) data for June, which will be released on Thursday. At press time, the US Dollar Index (DXY), which gauges the Greenback's value against six major currencies, trades 0.2% higher to near 101.36.

Euro underperforms amid doubts over further ECB rate hikes through year-end

The Euro (EUR) is down against its major currency peers, trading 0.17% lower to near 1.1400 against the US Dollar (USD) during the European trading session on Tuesday. The major currency faces selling pressures amid uncertainty regarding whether the European Central Bank (ECB) will raise interest rates again this year.

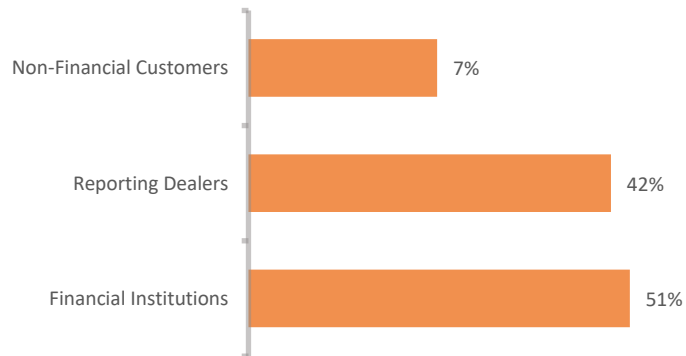
Economic Calendar

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.

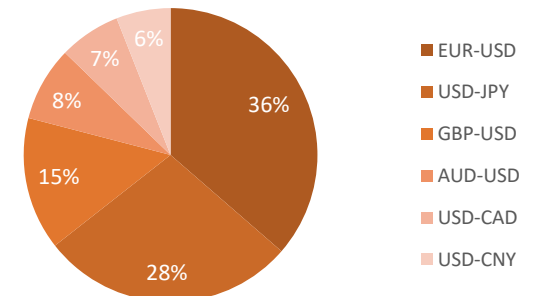
Forex Turnover by Counterparty



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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