

PMEX UPDATE

BUY	
	CRUDE10-AP26
85.61	2.59%
Expiry	19/Mar/26
Remaining	8 Days
Entry	82.19 - 82.99
Stoploss	81.60
Take Profit	84.32 - 86.28

SELL	
	NGAS1K-AP26
3.0560	1.19%
Expiry	26/Mar/26
Remaining	15 Days
Entry	3.073 - 3.056
Stoploss	3.17
Take Profit	3.008 - 2.986

BUY	
	GO10Z-AP26
5,190.19	-0.99%
Expiry	27/Mar/26
Remaining	16 Days
Entry	5165 - 5175
Stoploss	5140.05
Take Profit	5190 - 5210

N/A	
	SL10-MA26
86.76	
Expiry	
Remaining	
Entry	---
Stoploss	#VALUE!
Take Profit	---

SELL	
	PLATINUM5-AP26
2,181.85	-2.35%
Expiry	27/Mar/26
Remaining	16 Days
Entry	2162 - 2158
Stoploss	2191.83
Take Profit	2143 - 2120

BUY	
	COPPER-MY26
5.8565	-1.60%
Expiry	28/Apr/26
Remaining	48 Days
Entry	5.83 - 5.86
Stoploss	5.76
Take Profit	5.91 - 5.94

BUY	
	ICOTTON-MY26
65.63	0.51%
Expiry	22/Apr/26
Remaining	42 Days
Entry	65.54 - 65.62
Stoploss	65.42
Take Profit	65.85 - 65.99

SELL	
	DJ-MA26
47,841	0.20%
Expiry	19/Mar/26
Remaining	8 Days
Entry	48091 - 47982
Stoploss	48201.71
Take Profit	47740 - 47535

SELL	
	SP500-MA26
6,801	0.20%
Expiry	19/Mar/26
Remaining	8 Days
Entry	6765 - 6760
Stoploss	6780.62
Take Profit	6735 - 6720

SELL	
	NSDQ100-MA26
25,026	0.17%
Expiry	19/Mar/26
Remaining	8 Days
Entry	24850 - 24844
Stoploss	24927.10
Take Profit	24737 - 24667

BUY	
	GOLDUSDJPY-AP26
158.33	0.18%
Expiry	27/Mar/26
Remaining	16 Days
Entry	158.11 - 158.31
Stoploss	157.81
Take Profit	158.65 - 158.85

SELL	
	GOLDEURUSD-AP26
1.1604	-0.04%
Expiry	27/Mar/26
Remaining	16 Days
Entry	1.1617 - 1.1606
Stoploss	1.163
Take Profit	1.1574 - 1.1548

Major Headlines

Oil shrugs potential IEA reserves release, gains on supply worries

Oil prices rebounded on Wednesday as markets doubted whether the International Energy Agency's reported plan for a record release of oil reserves could offset potential supply shocks from the U.S.-Israeli conflict with Iran. Brent futures traded up \$3.52, or 4%, at \$91.32 a barrel by 0922 GMT. U.S. West Texas Intermediate (WTI) traded \$3.69 higher, or 4.4%, at \$87.14 a barrel. Both contracts extended losses [see more...](#)

Gold Outlook Hinges on Iran Conflict Signals and US Inflation Data

An analysis of gold futures on daily charts reveals increasing uncertainty regarding the potential escalation or de-escalation of conflict between the United States, Israel, and Iran. This period of limited information may prompt significant price movement in either direction. The ongoing 11-day conflict has evolved into an issue of national prestige. US President Trump claims the U.S. is winning this war and urges Iran to surrender unconditionally. [see more...](#)

Stocks Recover, Oil Pulls Back as Trump Signals De-Escalation in Iran Conflict

U.S. markets stabilized after a volatile start to the week as investors reacted to signals that the conflict with Iran could be nearing its end. President Donald Trump said military objectives were largely achieved and suggested hostilities may conclude sooner than initially expected, a shift that helped lift equities and ease energy prices after an early surge. The S&P 500 recovered from earlier losses, while oil retreated [see more...](#)

USD/JPY Price Forecast: Climbs on safe-haven US Dollar gains

USD/JPY rose to a daily high of 158.90, ahead of 159.00, which could have raised the alarm amongst Japanese authorities. However, traders booked profits, as the pair retreated toward the current exchange rate. Momentum is tilted to the upside as depicted by the Relative Strength Index (RSI), which is getting close to overbought territory. That said, the USD/JPY first resistance is 159.00. A breach of the latter increases the chances of a reversal as the exchange. [see more...](#)

EUR/USD declines to near 1.1600 amid Middle East war

The EUR/USD pair edges lower to around 1.1615 during the early European session on Tuesday. Concerns over oil flow disruptions through the Strait of Hormuz boost the US Dollar (USD) as a safe-haven and create a headwind for the major pair. Iran's Islamic Revolutionary Guard Corps (IRGC) said that Tehran will determine when the war ends, not the US. The IRGC warned that if US and Israeli attacks continue, Iran could block regional oil exports. [see more...](#)

Forex Today: US inflation data, fluctuating Oil prices to drive action

The US Dollar (USD) struggles to find demand in the European session on Wednesday as investors gear up for the release of the February Consumer Price Index (CPI) data, while keeping a close eye on headlines surrounding the crisis in the Middle East. Citing US central command early Wednesday, Reuters reported that US forces eliminated multiple Iranian naval vessels, including 16 minelayers operating near the Strait [see more...](#)

Economic Calendar

Event	Date	Time	Currency	Importance	Actual	Forecast	Previous
CPI (MoM) (Feb)	11/3/2026	5:30 PM	USD	High volatility		0.30%	0.20%
CPI (YoY) (Feb)	11/3/2026	5:30 PM	USD	High volatility		2.40%	2.40%
Core CPI (MoM) (Feb)	11/3/2026	5:30 PM	USD	High volatility		0.20%	0.30%
Crude Oil Inventories	11/3/2026	7:30 PM	USD	High volatility		2.800M	3.475M

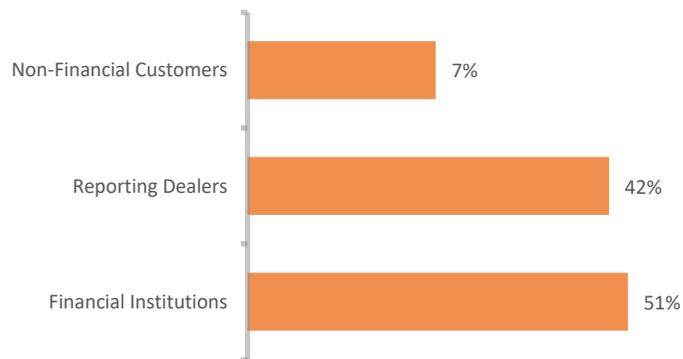
FOREX MARKETS' STATISTICS

Forex Market Hours

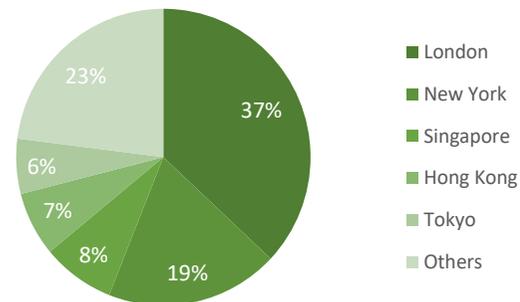


Note: This chart shows the normal forex trading times of all the major forex trading centers across the globe in Pakistan Standard Time.

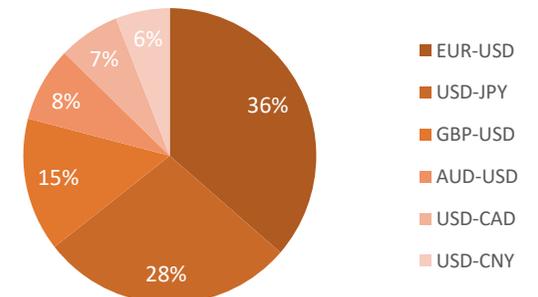
Forex Turnover by Counterparty



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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