



COWRY WEEKLY STOCK

RECOMMENDATIONS

AUGUST 3 - 7, 2026

Prepared by: Cowry Research Desk

COWRY WEEKLY STOCK RECOMMENDATIONS



STOCK	Current EPS	Forecast EPS	BV/S	P/B Ratio	P/E Ratio	52W High	52W Low	Current Price	FY Price Target	Stop Loss	Take Profit	Upside (%)	Recommendations
ACCESS HOLDINGS	3.98	5.58	80.86	0.32x	6.55x	36.00	19.9	26.30	36.54	22.19	30.02	40.0	BUY
HBM NIGERIA	12.93	14.23	50.02	7.20x	13.92x	389.9	103	363.00	396.11	306.09	414.12	30.00	BUY
NIGERIAN BREWERIES PLC	1.81	2.53	19.89	3.77x	10.38x	103.00	60.00	73.00	105.00	63.75	86.25	40.00	BUY
ETERNA OIL PLC	2.69	3.50	7.1	11.14X	18.7%	51.20	22.75	33.00	39.00	25.50	34.50	30.0	BUY
MTN NIGERIA	33.70	45.16	44.32	19.34X	12.72x	915.00	414.10	837.00	1,148.51	728.54	985.67	34.0	BUY
ZENITH BANK PLC	7.65	9.79	125.79	0.96x	15.75x	136.9	53.7	123.55	154.11	102.34	138.46	40.00	BUY

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