Why is it that even if I explicitly set the shader type to PBR, when executing Export FBX, the shader type will return to Traditional mode?

Make sure that both the Roughness and Metallic maps are present. Character Creator 2 looks at the presence of these two maps to switch the shader type to PBR and not necessarily to what the user has set.

Reallusion FAQ

https://kb.reallusion.com/Product/52509/Why-is-it-that-even-if-I-explicitly-set-the-shader-type-to-PBR-whole in the control of the control of