



To the shareholders in Marine Harvest ASA

NOTICE OF EXTRAORDINARY GENERAL MEETING

Notice is hereby given of an extraordinary general meeting in Marine Harvest ASA:

Date: 15 November 2013
Time: 14:00 CET
Venue: Sandviksbodene 77A/B, 5035 Bergen, Norway

The general meeting will be opened by the chairman of the board, Ole Eirik Lerøy.

Subsequent to the opening of the meeting a list of the shareholders and shareholder representatives present and the number of shares they represent will be made available to the meeting.

The following agenda for the general meeting is proposed:

- 1. Election of a chairperson and a person to sign the minutes together with the chairperson**
- 2. Approval of the notice and proposed agenda**
- 3. Distribution of extraordinary dividend**

Reference is made to the company's stock exchange notice on 23 October 2013 regarding distribution of extraordinary dividend. The board is satisfied with the company's current financial situation and looks positively on the company's expected future cash flow.

The board thus proposes that the following resolution is passed:

"An extraordinary dividend of NOK 0.075 per share is distributed."

4. Authority to approve the distribution of dividends

Reference is made to the company's announced strategy of quarterly distributions of dividend, if advisable based on the company's financial situation. Recent amendments to the Public Limited Companies Act make it possible for the board to distribute dividends after obtaining an authority from the general meeting. To facilitate distribution of dividends through the year, the board proposes that the general meeting passes the following resolution:

- (i) The board of directors is authorized pursuant to the Public Limited Companies Act § 8-2(2) to approve the distribution of dividends based on the Company annual accounts for 2012.*
- (ii) The authority may not be used to approve the distribution of dividends in excess of an aggregate amount of NOK 500,000,000.*
- (iii) The authority shall remain in force until the annual general meeting in 2014.*

Marine Harvest ASA has a share capital of NOK 2,811,256,197.75 represented by 3,748,341,597 shares, each with a nominal value of NOK 0.75. Each share entitles its holder to one vote at the company's general meeting. As of today, the company has 409,698 own shares for which it is not entitled to vote. A shareholder has the right to vote for the number of shares which is held by him. The number of shares registered in such shareholders' name in the company's shareholders register in the Norwegian Central Securities Register ("**VPS**") at the time of the general meeting shall be accepted as documentation therefore. If the shareholder has acquired shares shortly before the general meeting, voting rights for such shares can only be exercised if the acquisition has been registered in the VPS, or if the acquisition has been reported to the VPS and is satisfactorily substantiated at the general meeting.

Neither a beneficial shareholder nor a nominee is entitled to vote for shares that are registered in a VPS account belonging to a nominee, cf. section 4-10 of the Public Limited Liability Companies Act. In order to vote for the shares held through a nominee, such shares need to be re-registered from the nominee to the beneficial shareholder prior to the general meeting. Shares which are still registered on a nominee account at the date of the general meeting will not have the right to cast votes.

The shareholders have the following rights in a general meeting:

- the right to be present, either personally or by proxy;
- the right to speak at the general meeting, to bring an advisor and give one advisor the right to speak;
- the right to require information from the board and the company's managing director pursuant to the provisions of section 5-15 of the Public Limited Companies Act;
- the right to have matters considered at the general meeting provided the shareholder in question has submitted to the board in writing together with a proposal for a resolution or reasons why the issue is brought on the agenda no later than seven days before the deadline for giving notice of the general meeting;
- the right to provide an alternative to the Board and the nomination committee's proposals under the matters to be considered by the general meeting based on their proposals;
- the right to receive documents pertaining to matters being dealt with at the general meeting and which have only been made available on the company's internet homepage.

Shareholders who wish to attend the general meeting are requested to notify the company of this. The notice of attendance must be received by DNB Bank ASA no later than 13 November 2013 16:00 CET. Notice of attendance may be sent electronically through the Company's website www.marineharvest.com or through VPS Investor Services. To access the electronic system for notification of attendance or to submit your proxy, through the Company's website, the reference number and PIN code must be stated. It may also be sent by e-mail: genf@dnb.no, regular mail to DNB Bank ASA, Registrar's Department, P.O.Box 1600 Sentrum, 0021 Oslo, Norway or fax to +47 22 48 11 71.

Shareholders who do not wish to attend the general meeting personally have the right to be represented by proxy. If so, a written and dated power of attorney must be presented by the proxy at the general meeting. The enclosed proxy form may be used. The power of attorney may contain voting instructions.

If the proposed dividend is approved, the shares will be traded ex dividend on Oslo Børs from and including 18 November 2013.

In accordance with section 9 of the company's articles of association, the appendices to the notice will not be sent by post to the shareholders. A shareholder may nonetheless demand to be sent the appendices by post free of charge. If a shareholder wishes to have the documents sent to him, such request can be addressed to the company by way of telephone: +47 21 56 20 07 or by email to stefania.lombardi@marineharvest.com.

This notice together with the enclosures referred to herein is available on the Company's web site www.marineharvest.com.

Bergen, 23 October 2013

for the board of directors in Marine Harvest ASA

Ole Eirik Lerøy
Chairman of the Board



PIN CODE:

REF. NO:

Notice of extraordinary general meeting

An extraordinary general meeting of Marine Harvest ASA will be held on 15 November 2013 at 14:00 CET in Sandviksbodene 77A/B, 5035 Bergen, Norway

If the shareholder is a legal entity, please name the person who will represent the entity:

Name of person representing the entity
(To grant proxy, use the proxy form below)

ALTERNATIVE A

ATTENDANCE FORM

Notice of attendance may be sent electronically through the Company's website www.marineharvest.com or through VPS Investor Services. To access the electronic system for notification of attendance or to submit your proxy, through the Company's website, the above-mentioned reference number and PIN code must be stated. It may also be sent by e-mail: genf@dnb.no, regular mail to DNB Bank ASA, Registrar's Department, P.O.Box 1600 Sentrum, 0021 Oslo, Norway or fax to +47 22 48 11 71.

The form must be registered by DnB Bank Verdipapirservise no later than 13 November 2013 16:00 CET.

The undersigned:

will attend the Extraordinary General Meeting on 15 November 2013 and vote for:

A total of _____
own shares
other shares in accordance with enclosed Power of Attorney
shares

Place: _____ Date: 2013 Shareholder's signature
(To be signed only by a shareholder who will attend the AGM in person. To grant proxy, use the form below)

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ALTERNATIVE B (NOT APPLICABLE IF ALTERNATIVE A HAS BEEN SELECTED)

This proxy form is to be used for a proxy without voting instructions. To grant a proxy with voting instructions, please go to page 2.

POWER OF ATTORNEY WITHOUT VOTING INSTRUCTIONS: PIN CODE: REF. NO:

EXTRAORDINARY GENERAL MEETING OF MARINE HARVEST ASA, 15 NOVEMBER 2013

If you are unable to attend the Extraordinary General Meeting in person, this proxy may be used by a person authorised by you, or you may send the proxy without naming the proxy holder. In such case, the proxy will be deemed to be given to the Chair of the Board of Directors or a person authorised by him.

The proxy form should be received by DNB Bank ASA, Registrar's Department no later than on 13 November 2013 16:00 CET. **The proxy may be sent electronically through the Company's website www.marineharvest.com or through VPS Investor Services.** It may also be sent by e-mail: genf@dnb.no, regular mail to DNB Bank ASA, Registrar's Department, P.O.Box 1600 Sentrum, 0021 Oslo, Norway, or fax to +47 22 48 11 71.

The undersigned:

hereby grants (tick one of the two):

the Chair of the Board of Directors (or a person authorised by him), or

(Name of proxy holder in capital letters)

a proxy to attend and vote my/our shares at the Extraordinary General Meeting of Marine Harvest ASA on 15 November 2013.

Place: _____ Date: 2013 Shareholder's signature
(Signature only when granting a proxy)

With regard to rights of attendance and voting, reference is made to the Norwegian Public Limited Liability Companies Act, in particular Chapter 5. If the shareholder is a company, the company's certificate of registration must be attached to the proxy.



ALTERNATIVE C (NOT APPLICABLE IF ALTERNATIVE A OR B HAS BEEN SELECTED)

This proxy form is to be used for a proxy with voting instructions.

POWER OF ATTORNEY WITH VOTING INSTRUCTIONS: PIN CODE: REF. NO:
EXTRAORDINARY GENERAL MEETING OF MARINE HARVEST ASA, 15 NOVEMBER 2013

If you are unable to attend the Extraordinary General Meeting in person, you may use this proxy form to give voting instructions. You may grant a proxy with voting instructions to a person authorised by you, or you may send the proxy without naming the proxy holder, in which case the proxy will be deemed to have been given to the Chair of the Board of Directors or a person authorised by him.

The proxy form must be received by DNB Bank ASA, Registrar's Department, no later than 13 November 2013 16:00 CET. It may be **sent by e-mail: genf@dnb.no**, regular mail to DNB Bank ASA, Registrar's Department, P.O.Box 1600 Sentrum, 0021 Oslo, Norway, or fax to +47 22 48 11 71.

The undersigned:

hereby grants (tick one of the two):

- the Chair of the Board of Directors (or a person authorised by him), or
- _____
(Name of proxy holder in capital letters)

a proxy to attend and vote my/our shares at the Extraordinary General Meeting of Marine Harvest ASA on 15 November 2013.

The votes shall be exercised in accordance with the instructions below. Please note that if any items below are not voted on (not ticked off), this will be deemed to be an instruction to vote "for" the proposals in the notice. However, if any motions are made from the floor in addition to or replacement of the proposals in the notice, the proxy holder may vote or abstain from voting at his discretion. In such case, the proxy holder will vote on the basis of his reasonable understanding of the motion. The same applies if there is any doubt as to how the instructions should be understood. Where no such reasonable interpretation is possible, the proxy holder may abstain from voting. As for item 1 on the agenda, the proxy holder shall decide the voting.

Voting instructions for Extraordinary General Meeting 15 November 2013	For	Against	Abstention
1. Election of a chairperson and a person to sign the minutes together with the chairperson	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Approval of the notice and proposed agenda	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Distribution of extraordinary dividend	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Authority to approve the distribution of dividends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Place: Date: 2013 Shareholder's signature
(Signature only when granting a proxy with voting instructions)

With regard to rights of attendance and voting, reference is made to the Norwegian Public Limited Liability Companies Act, in particular Chapter 5. If the shareholder is a company, the company's certificate of registration must be attached to the proxy.