

To the shareholders in Marine Harvest ASA

NOTICE OF EXTRAORDINARY GENERAL MEETING

Notice is hereby given of Marine Harvest ASA's extraordinary general meeting:

Date: 23 August, 2010

Time: 2 p.m.

Venue: Hotel Continental, Stortingsgaten 24/26, 0161 Oslo

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 TO PRESIDE OVER THE MEETING AND AN INDIVIDUAL TO SIGN THE MINUTES OF THE MEETING TOGETHER WITH THE ELECTED CHAIRPERSON.**
- 2. APPROVAL OF THE NOTICE AND AGENDA.**
- 3. DISTRIBUTION OF DIVIDEND**

The board proposes that a dividend in the amount of NOK 0.20 per share is paid out.

The dividend will be charged against other equity according to the Company's balance sheet as of 31 December 2009.

The dividend will, subject to being approved, be paid out on 2 September 2010.

The board makes the following proposal:

"A dividend in the amount of NOK 0.20 per share is paid out to all shareholders on record in the Company's shareholder register on 23 August 2010. The dividend will be charged against the Company's other equity according to the Company's balance sheet as of 31 December 2009.

The dividend will be paid out on 2 September 2010.

The Company's shares shall be listed exclusive of dividends on and inclusive of 24 August 2010."

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Marine Harvest ASA has a share capital of NOK 2,681,173,746.75 represented by 3,574,898,329 shares, each with a value of NOK 0.75. Each share entitles its holder to one vote in the Company's general meeting. A shareholder has the right to vote for the number of shares which is held by him, and which is registered in his name in the Norwegian Central Securities Register (VPS) at the time of the general meeting. If the shareholder has acquired shares shortly before the general meeting, voting rights for the shares thus acquired 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 substantiated at the general meeting.

The shareholders have the following rights in the general meeting:

- the right to be present at the general meeting, 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 members and 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 have 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 of directors' proposal(s) under the matters to be considered by the general meeting;
- 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 by submitting the attached form to the address and within the deadline stated therein.

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 to the general meeting. The enclosed form of power of attorney may be used. If the power of attorney is granted to the chairman of the board, the power of attorney may contain voting instructions.

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

Oslo, 22 July, 2010

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

Extraordinary General Meeting in Marine Harvest ASA will be held 23 August 2010 at 14:00 CET at Hotel Continental, Stortingsgt 24/26, 0161 Oslo, Norway

In the event the shareholder is a legal entity it will be represented by: _____

Name of representative
(To grant proxy, use the proxy form below)

Attendance form

If you wish to attend the extraordinary general meeting, we kindly ask you to send this form to Marine Harvest ASA c/o DnB NOR Bank ASA, Verdipapirservice, N-0021 Oslo, Norway, or fax to +47 22 48 11 71. Attendance may also be registered on Marine Harvest ASA's homepage on www.marineharvest.com or through "Investortjenester", a service provided by most Norwegian registrars. The pin code and the reference number are required for registration.

The form must be registered by DnB NOR Bank Verdipapirservice no later than **19 August 2010 16:00 CET**.

The undersigned will attend at Marine Harvest ASA's Extraordinary General Meeting on 23 August 2010 and vote for

_____ own shares
_____ other shares in accordance with enclosed proxy
In total _____ shares

Place _____ Date _____ Shareholder's signature _____
(If attending personally. To grant proxy, use the form below)



Proxy (without voting instructions)

PIN code:

Ref no:

If you are not able to attend the Extraordinary General Meeting, a nominated proxy holder can be granted your voting authority. Any proxy not naming proxy holder will be deemed given to Ole-Eirik Lerøy (Chairman of the Board of Marine Harvest ASA) or a person designated by him. The present proxy form relates to proxies without instructions. To grant proxy with voting instructions, please go to page 2 of this form.

We kindly ask you to send the proxy form to Marine Harvest ASA c/o DNB NOR Bank ASA, Verdipapirservice, N-0021 Oslo, Norway, or fax to +47 22 48 11 71. Web-based registration of the proxy is available through "Investortjenester", a service provided by most Norwegian registrars. The pin code and the reference number are required for registration.

The proxy must reach DnB NOR Bank Verdipapirservice no later than **19 August 2010 16:00 CET**.

The undersigned :
hereby grants : Ole-Eirik Lerøy (or a person designated by him)
or :

Name of nominated proxy holder (Please use capital letters)

proxy to attend and vote at the Extraordinary General Meeting of Marine Harvest ASA on 23 August 2010 for my/our shares

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

With regard to rights of attendance and voting we refer you to The Norwegian Public Limited Liability Companies Act, in particular Chapter 5. A written power of attorney dated and signed by the beneficial owner giving such proxy must be presented at the meeting.

Proxy (with voting instructions)

PIN code:

Ref no:

If you wish to give voting instruction to the proxy holder, please use the present proxy form. The items in the detailed proxy below refer to the items in the Extraordinary General Meeting agenda. A detailed proxy with voting instructions may be granted a nominated proxy holder. A proxy not naming a proxy holder will be deemed given to Ole-Eirik Lerøy (Chairman of the Board of Marine Harvest ASA) or any person designated by him.

We kindly ask you to send the proxy with voting instructions by mail or fax to Marine Harvest ASA c/o DnB NOR Bank ASA, Verdipapirservice, NO-0021 Oslo, Norway, or faxed to +47 22 48 11 71. Online registration is not available for registrations of voting instructions.

The proxy must reach DnB NOR Bank Verdipapirservice no later than **19 August 2010 16:00 CET**.

The undersigned:

hereby grants (check-off):

Ole-Eirik Lerøy (or a person designated by him), or:

Name of nominated proxy holder (please use capital letters)

proxy to attend and vote at the Extraordinary General Meeting of Marine Harvest ASA on 23 August 2010 for my/our shares.

The votes shall be submitted in accordance with the instructions below. Please note that **any items below not voted for (not ticked off), will be deemed as an instruction to vote "in favour" of the proposals in the notice**. Any motion from the floor, amendments or replacement to the proposals in the agenda, will be determined at the proxy holder's discretion. In case the contents of the voting instructions are ambiguous, the proxy holder will base his/her understanding on a reasonable understanding of the wording of the proxy. Where no such reasonable understanding can be found, the proxy may at his/her discretion refrain from voting.

Agenda Extraordinary General Meeting 23 August 2010	In favour	Against	Abstention
1. Election of a chairperson to preside over the meeting and an individual to sign the minutes of the meeting together with the elected chairperson.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Approval of the notice and agenda.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Distribution of dividend	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

The abovementioned proxy holder has been granted power to attend and to vote for my/our shares at the Extraordinary General Meeting in Marine Harvest ASA to be held 23 August 2010.

Place

Date

Shareholder's signature
(Only for granting proxy with voting instructions)

With regard to rights of attendance and voting we refer you to The Norwegian Public Limited Liability Companies Act, in particular Chapter 5. A written power of attorney dated and signed by the beneficial owner giving such proxy must be presented at the meeting.

If the shareholder is a company, please attach the shareholder's certificate of registration to the proxy.