

		J. Control of the Con
The person liable:		
PDMR	Closely associated per person)	Closely associated person (legal person)
Info about the one	e who reports	
Last name	GALTUNG	 DØSVIG
First name	KIM	
Business name		
About PDMR		
Last name	VINDHEIM	
First name	IVAN	
Position / role	CEO	
	or amendment to prior not	fication
Initial	Amendment	
Details about the is	ssuer or emission allowance	market participant
Business name	Mowi A	SA



Description of the financial instrument	t/type of instrument
Instrument	Financial instrument linked to a share or a debt instrument
ISIN code	NO0003054108
Name of the financial instrument	
Exercise of share options granted in 2020 a receive shares for a price of NOK 189.20.	at an exercise price of NOK 187.50. Subsequent sale of rights to
Nature of the transaction	
Transaction type	Exercise of a stock option
Share option program	
The transaction is linked to an excersise of	f a share option program • Yes No
Currency of the transaction	
Currency	NOK
Price(s) and volume(s)	
Price per unit	1.7
Volume	145 466
Aggregated information	
Average price per unit	1.70000
Aggregated volume	145 466
Total amount	247 292.200000
Date of the transaction	
Date	8/26/2024
Place of the transaction	
Trading venue	XOSL - Oslo Børs
Comment	



The person liable:			
PDMR	Closely associate person)	ated person (natural	Closely associated person (legal person)
Info about the one	e who reports		
Last name	GA	LTUNG DØSVIG	
First name	KI	1	
Business name			
About PDMR			
Last name	ELL	INGSEN	
First name	KRI	STIAN	
Position / role	CFC)	
Initial notification • Initial	or amendment to pr		
Tilludi	Amendmen	it .	
Details about the is	ssuer or emission allo	wance market particip	ant
Business name		Mowi ASA	



Description of the financial instrument	t/type of instrument
Instrument	Financial instrument linked to a share or a debt instrument
ISIN code	NO0003054108
Name of the financial instrument	
Exercise of share options granted in 2020 receive shares for a price of NOK 189.20.	at an exercise price of NOK 187.50. Subsequent sale of rights to
Nature of the transaction	
Transaction type	Exercise of a stock option
Share option program	
The transaction is linked to an excersise of	f a share option program Yes No
Currency of the transaction	
Currency	NOK
Price(s) and volume(s)	
Price per unit	1.7
Volume	61 543
Aggregated information	
Average price per unit	1.70000
Aggregated volume	61 543
Total amount	104 623.100000
Date of the transaction	
Date	8/26/2024
Place of the transaction	
Trading venue	XOSL - Oslo Børs
Comment	



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The person liable:			
PDMR	Closely associ person)	ated person (natural	Closely associated person (legal person)
Info about the one	who reports		
Last name	GA	LTUNG DØSVIG	
First name	KII	M	
Business name			
About PDMR			
Last name	OA	LAND	
First name	ØY	VIND	
Position / role	CO	O Farming Norway & Icela	and
Initial notification	or amendment to pr	ior notification	
Initial	Amendment	nt	
Details about the is:	suer or emission allo	owance market particip	ant
Business name		Mowi ASA	



Description of the financial instrument	t/type of instrument
Instrument	Financial instrument linked to a share or a debt instrument
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Share option program	
The transaction is linked to an excersise of	f a share option program Yes No
Currency of the transaction	
Currency	NOK
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Price per unit	1.7
Volume	61 543
Aggregated information	
Average price per unit	1.70000
Aggregated volume	61 543
Total amount	104 623.100000
Date of the transaction	
Date	8/26/2024
Place of the transaction	
Trading venue	XOSL - Oslo Børs
Comment	



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The person liable:		
PDMR	Closely associated person (natural person)	Closely associated person (legal person)
Info about the one	who reports	
Last name	GALTUNG DØSVIG	
First name	KIM	
Business name		
_		
About PDMR		
Last name	Hadfield	
First name	Ben	
Position / role	COO Farming Scotland, Irel	land, Faroes & Canada East
Initial notification	or amendment to prior notification	
Initial	Amendment	
Details about the is	suer or emission allowance market partici	ipant
Business name	Mowi ASA	



Description of the financial instrument	t/type of instrument
Instrument	Financial instrument linked to a share or a debt instrument
ISIN code	NO0003054108
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Nature of the transaction	
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Share option program	
The transaction is linked to an excersise of	f a share option program Yes No
Currency of the transaction	
Currency	NOK
Price(s) and volume(s)	
Price per unit	1.7
Volume	61 543
Aggregated information	
Average price per unit	1.70000
Aggregated volume	61 543
Total amount	104 623.100000
Date of the transaction	
Date	8/26/2024
Place of the transaction	
Trading venue	XOSL - Oslo Børs
Comment	



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The person liable:			
PDMR	Closely associated pe person)		osely associated person (legal erson)
Info about the one	who reports		
Last name	GALTUNG	DØSVIG	
First name	KIM		
Business name			
About PDMR			
Last name	Villarroel		
First name	Fernando		
Position / role	COO Farmi	ng Americas	
Initial notification	or amendment to prior not	fication	
Initial	Amendment		
Details about the is	suer or emission allowance	market participant	
Business name	Mowi A	SA	



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Instrument	Financial instrument linked to a share or a debt instrument
ISIN code	NO0003054108
Name of the financial instrument	
Exercise of share options granted in 2020 receive shares for a price of NOK 189.20.	at an exercise price of NOK 187.50. Subsequent sale of rights to
Nature of the transaction	
Transaction type	Exercise of a stock option
Share option program	
The transaction is linked to an excersise of	of a share option program No Yes No
Currency of the transaction	
Currency	NOK
Price(s) and volume(s)	
Price per unit	1.7
Volume	39 164
Aggregated information	
Average price per unit	1.70000
Aggregated volume	39 164
Total amount	66 578.800000
Date of the transaction	
Date	8/26/2024
Place of the transaction	
Trading venue	XOSL - Oslo Børs
Comment	



The person liable:	
PDMR	Closely associated person (natural person) Closely associated person (legal person)
Info about the one	who reports
Last name	GALTUNG DØSVIG
First name	KIM
Business name	
About PDMR	
Last name	BRATTVOLL
First name	OLA NILSEN
Position / role	COO Sales & Marketing
Initial notification	or amendment to prior notification
Initial	Amendment
Details about the is	suer or emission allowance market participant
Business name	Mowi ASA



Description of the financial instrument	t/type of instrument
Instrument	Financial instrument linked to a share or a debt instrument
ISIN code	NO0003054108
Name of the financial instrument	
Exercise of share options granted in 2020 receive shares for a price of NOK 189.20.	at an exercise price of NOK 187.50. Subsequent sale of rights to
Nature of the transaction	
Transaction type	Exercise of a stock option
Share option program	
The transaction is linked to an excersise of	f a share option program Yes No
Currency of the transaction	
Currency	NOK
Price(s) and volume(s)	
Price per unit	1.7
Volume	61 543
Aggregated information	
Average price per unit	1.70000
Aggregated volume	61 543
Total amount	104 623.100000
Date of the transaction	
Date	8/26/2024
Place of the transaction	
Trading venue	XOSL - Oslo Børs
Comment	



The person liable:		
PDMR	Closely associated person (natural person)	Closely associated person (legal person)
Info about the one	who reports	
Last name	GALTUNG DØSVIG	
First name	KIM	
Business name		
About PDMR Last name First name	KVIST ATLE	
Position / role	COO Feed	
T. 11-1 11-11-11-11-11-11-11-11-11-11-11-11-11-		
	or amendment to prior notification	
Initial	Amendment	
Details about the is:	suer or emission allowance market particip	pant
Business name	Mowi ASA	
Dusiness name		



Description of the financial instrument/type of instrument		
Instrument	Financial instrument linked to a share or a debt instrument	
ISIN code	NO0003054108	
Name of the financial instrument		
Exercise of share options granted in 2020 receive shares for a price of NOK 189.20.	at an exercise price of NOK 187.50. Subsequent sale of rights to	
Nature of the transaction		
Transaction type	Exercise of a stock option	
	·	
Share option program		
The transaction is linked to an excersise of	f a share option program Yes No	
Currency of the transaction		
Currency	NOK	
Disc(s) and ordered		
Price(s) and volume(s) Price per unit		
Volume	1.7	
volume	61 543	
Aggregated information		
Average price per unit	1.70000	
Aggregated volume	61 543	
Total amount	104 623.100000	
Date of the transaction		
Date	8/26/2024	
Place of the transaction		
Trading venue	XOSL - Oslo Børs	
Comment		



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The person liable:			
PDMR	Closely associate person)	ated person (natural	Closely associated person (legal person)
Info about the one	e who reports		
Last name	GA	LTUNG DØSVIG	
First name	KIN	KIM	
Business name			
About PDMR			
Last name	Mar	Martins	
First name	Cat	Catarina	
Position / role	Chie	Chief Technology Officer and Chief Sustainability Officer	
	or amendment to pri		
Initial	O Amendmer	t	
Details about the i	ssuer or emission allo	wance market particip	pant
		Mowi ASA	
Business name		MOWI ASA	



Description of the financial instrum	ent/type of instrument	
Instrument	Financial instrument linked to a share of	or a debt instrument
ISIN code	NO0003054108	
Name of the financial instrument		
Exercise of share options granted in 20 receive shares for a price of NOK 189.2	020 at an exercise price of NOK 187.50. Subs	sequent sale of rights to
Nature of the transaction		
Transaction type	Exercise of a stock option	
Share option program		
The transaction is linked to an excersis	se of a share option program	YesNo
Currency of the transaction		
Currency	NOV	
Currency	NOK	
Price(s) and volume(s)		
Price per unit	1.7	
Volume	27 974	
Aggregated information		
Average price per unit	1.70000	
Aggregated volume	27 974	
Total amount	47 555.800000	
Date of the transaction		
Date	8/26/2024	
Place of the transaction		
Trading venue	XOSL - Oslo Børs	
Comment		
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The person liable:			
PDMR	Closely associated person (natura person)	Closely associated person (legal person)	
About PDMR			
Last name	GALTUNG DØSVIG		
First name	KIM	KIM	
Position / role	IRO & Head of Treasury	IRO & Head of Treasury	
Initial notification	n or amendment to prior notification		
Initial	Amendment		
Details about the i	ssuer or emission allowance market pa	rticipant	
Business name	Mowi ASA		
LEI number	549300W1OGQF5L	549300W1OGQF5LZIH349	



Description of the financial instrum	ent/type of instrument	
Instrument	Financial instrument linked to a share of	or a debt instrument
ISIN code	NO0003054108	
Name of the financial instrument		
Exercise of share options granted in 20 receive shares for a price of NOK 189.2	020 at an exercise price of NOK 187.50. Subs	sequent sale of rights to
Nature of the transaction		
Transaction type	Exercise of a stock option	
Share option program		
The transaction is linked to an excersis	se of a share option program	YesNo
Currency of the transaction		
Currency	NOV	
Currency	NOK	
Price(s) and volume(s)		
Price per unit	1.7	
Volume	27 974	
Aggregated information		
Average price per unit	1.70000	
Aggregated volume	27 974	
Total amount	47 555.800000	
Date of the transaction		
Date	8/26/2024	
Place of the transaction		
Trading venue	XOSL - Oslo Børs	
Comment		
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