

**NOTIFICATION OF TRANSACTIONS PURSUANT TO THE MARKET ABUSE
REGULATION ARTICLE 19**

1	Details of the person discharging managerial responsibilities/person closely associated		
a)	Name	Katrine Trovik	
2	Reason for the notification		
a)	Position/status	Chair of Board	
b)	Initial notification/ Amendment	Initial Notification	
3	Details of the issuer		
a)	Name	Proximar Seafood AS	
b)	LEI	5493006J8UNWCDMAQW02	
4	Description of the financial instrument, type of instrument		
a)	Description of the financial instrument, type of instrument and identification code (ISIN)	Share options, each option giving the right to subscribe or purchase one ordinary share in the Company at an exercise price at NOK 13,25. ISIN: NO0010893902	
b)	Nature of transaction	The options are granted in accordance with Proximar's incentive program and approved by the company's general meeting held 23 rd of November 2020.	
c)	Price and volume	Price (NOK)	Volume
		0	100,000
d)	Aggregated information	100,000 shares granted. The options must be exercised at earliest 2 years and at latest 4 years after being granted and are unconditional. The options may be exercised by a close related company.	
e)	Date of transaction	2021-10-29	
f)	Place of transaction	Outside a trading venue	



1	Details of the person discharging managerial responsibilities/person closely associated					
a)	Name	Fridtjof Falck				
2	Reason for the notification					
a)	Position/status	Member of Board				
b)	Initial notification/ Amendment	Initial Notification				
3	Details of the issuer					
a)	Name	Proximar Seafood AS				
b)	LEI	5493006J8UNWCDMAQW02				
4	Description of the financial instrument, type of instrument					
a)	Description of the financial instrument, type of instrument and identification code (ISIN)	Share options, each option giving the right to subscribe or purchase one ordinary share in the Company at an exercise price at NOK 13,25. ISIN: NO0010893902				
b)	Nature of transaction	The options are granted in accordance with Proximar's incentive program and approved by the company's general meeting held 23 rd of November 2020.				
c)	Price and volume	<table border="1"><thead><tr><th>Price (NOK)</th><th>Volume</th></tr></thead><tbody><tr><td>0</td><td>50,000</td></tr></tbody></table>	Price (NOK)	Volume	0	50,000
Price (NOK)	Volume					
0	50,000					
d)	Aggregated information	50,000 shares granted. The options must be exercised at earliest 2 years and at latest 4 years after being granted and are unconditional. The options may be exercised by a close related company.				
e)	Date of transaction	2021-10-29				
f)	Place of transaction	Outside a trading venue				