1	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	Jaan Ivar Semlitsch
2	Reason for the notification	
a)	Position/status	President & CEO Orkla ASA
b)	Initial notification/ Amendment	Initial notification
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor	
a)	Name	Orkla ASA
b)	LEI	549300PZS8G8RG6RVZ52
4	Details of the transaction(s): section to be repeated for (i) each type of instrument; (ii) each type of transaction; (iii) each date; and (iv) each place where transactions have been conducted	
a)	Description of the financial instrument, type of instrument Identification code	Options to shares in Orkla ASA NO0003733800
b)	Nature of the transaction	Granting of stock options
c)	Price(s) and volume(s)	180,718 options issued without remuneration
d)	Aggregated information — Aggregated volume — Price	180,718 options issued without remuneration
e)	Date of the transaction	2021-06-02
f)	Place of the transaction	Outside of regulated market

1	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	Atle Vidar Nagel-Johansen
2	Reason for the notification	on
a)	Position/status	Executive Vice President and CEO of Orkla Foods
b)	Initial notification/ Amendment	Initial notification
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor	
a)	Name	Orkla ASA
b)	LEI	549300PZS8G8RG6RVZ52
4	Details of the transaction(s): section to be repeated for (i) each type of instrument; (ii) each type of transaction; (iii) each date; and (iv) each place where transactions have been conducted	
a)	Description of the financial instrument, type of instrument Identification code	Options to shares in Orkla ASA NO0003733800
b)	Nature of the transaction	Granting of stock options
c)	Price(s) and volume(s)	89,416 options issued without remuneration
d)	Aggregated information — Aggregated volume — Price	89,416 options issued without remuneration
e)	Date of the transaction	2021-06-02
f)	Place of the transaction	Outside of regulated market

1	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	Christer Grönberg
2	Reason for the notification	on .
a)	Position/status	Executive Vice President, Group Functions
b)	Initial notification/ Amendment	Initial notification
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor	
a)	Name	Orkla ASA
b)	LEI	549300PZS8G8RG6RVZ52
4	Details of the transaction(s): section to be repeated for (i) each type of instrument; (ii) each type of transaction; (iii) each date; and (iv) each place where transactions have been conducted	
a)	Description of the financial instrument, type of instrument Identification code	Options to shares in Orkla ASA NO0003733800
b)	Nature of the transaction	Granting of stock options
c)	Price(s) and volume(s)	70,389 options issued without remuneration
d)	Aggregated information — Aggregated volume — Price	70,389 options issued without remuneration
e)	Date of the transaction	2021-06-02
f)	Place of the transaction	Outside of regulated market

1	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	Harald Ullevoldsæter
2	Reason for the notification	on .
a)	Position/status	Executive Vice President and CFO
b)	Initial notification/ Amendment	Initial notification
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor	
a)	Name	Orkla ASA
b)	LEI	549300PZS8G8RG6RVZ52
4	Details of the transaction(s): section to be repeated for (i) each type of instrument; (ii) each type of transaction; (iii) each date; and (iv) each place where transactions have been conducted	
a)	Description of the financial instrument, type of instrument Identification code	Options to shares in Orkla ASA NO0003733800
b)	Nature of the transaction	Granting of stock options
c)	Price(s) and volume(s)	70,509 options issued without remuneration
d)	Aggregated information — Aggregated volume — Price	70,509 options issued without remuneration
e)	Date of the transaction	2021-06-02
f)	Place of the transaction	Outside of regulated market

1	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	Johan Clarin
2	Reason for the notification	
a)	Position/status	Executive Vice President and CEO of Orkla Food Ingredients
b)	Initial notification/ Amendment	Initial notification
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor	
a)	Name	Orkla ASA
b)	LEI	549300PZS8G8RG6RVZ52
4	Details of the transaction(s): section to be repeated for (i) each type of instrument; (ii) each type of transaction; (iii) each date; and (iv) each place where transactions have been conducted	
a)	Description of the financial instrument, type of instrument Identification code	Options to shares in Orkla ASA NO0003733800
b)	Nature of the transaction	Granting of stock options
c)	Price(s) and volume(s)	77,736 options issued without remuneration
d)	Aggregated information — Aggregated volume — Price	77,736 options issued without remuneration
e)	Date of the transaction	2021-06-02
f)	Place of the transaction	Outside of regulated market

1	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	Hege Holter Brekke
2	Reason for the notification	on .
a)	Position/status	Executive Vice President and CEO of Orkla Care
b)	Initial notification/ Amendment	Initial notification
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor	
a)	Name	Orkla ASA
b)	LEI	549300PZS8G8RG6RVZ52
4	Details of the transaction(s): section to be repeated for (i) each type of instrument; (ii) each type of transaction; (iii) each date; and (iv) each place where transactions have been conducted	
a)	Description of the financial instrument, type of instrument Identification code	Options to shares in Orkla ASA NO0003733800
b)	Nature of the transaction	Granting of stock options
c)	Price(s) and volume(s)	66,793 options issued without remuneration
d)	Aggregated information — Aggregated volume — Price	66,793 options issued without remuneration
e)	Date of the transaction	2021-06-02
f)	Place of the transaction	Outside of regulated market

1	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	Sverre Prytz
2	Reason for the notification	on.
a)	Position/status	Executive Vice President, M&A and Strategy
b)	Initial notification/ Amendment	Initial notification
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor	
a)	Name	Orkla ASA
b)	LEI	549300PZS8G8RG6RVZ52
4	Details of the transaction(s): section to be repeated for (i) each type of instrument; (ii) each type of transaction; (iii) each date; and (iv) each place where transactions have been conducted	
a)	Description of the financial instrument, type of instrument Identification code	Options to shares in Orkla ASA NO0003733800
b)	Nature of the transaction	Granting of stock options
c)	Price(s) and volume(s)	66,570 options issued without remuneration
d)	Aggregated information — Aggregated volume — Price	66,570 options issued without remuneration
e)	Date of the transaction	2021-06-02
f)	Place of the transaction	Outside of regulated market

1	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	Kenneth Haavet
2	Reason for the notification	
a)	Position/status	Executive Vice President and CEO of Orkla Consumer & Financial Investments
b)	Initial notification/ Amendment	Initial notification
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor	
a)	Name	Orkla ASA
b)	LEI	549300PZS8G8RG6RVZ52
4	Details of the transaction(s): section to be repeated for (i) each type of instrument; (ii) each type of transaction; (iii) each date; and (iv) each place where transactions have been conducted	
a)	Description of the financial instrument, type of instrument Identification code	Options to shares in Orkla ASA NO0003733800
b)	Nature of the transaction	Granting of stock options
c)	Price(s) and volume(s)	66,570 options issued without remuneration
d)	Aggregated information — Aggregated volume — Price	66,570 options issued without remuneration
e)	Date of the transaction	2021-06-02
f)	Place of the transaction	Outside of regulated market

1	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	Ingvill T. Berg
2	Reason for the notification	
a)	Position/status	Executive Vice President and CEO of Orkla Confectionery & Snacks
b)	Initial notification/ Amendment	Initial notification
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor	
a)	Name	Orkla ASA
b)	LEI	549300PZS8G8RG6RVZ52
4	Details of the transaction(s): section to be repeated for (i) each type of instrument; (ii) each type of transaction; (iii) each date; and (iv) each place where transactions have been conducted	
a)	Description of the financial instrument, type of instrument Identification code	Options to shares in Orkla ASA NO0003733800
b)	Nature of the transaction	Granting of stock options
c)	Price(s) and volume(s)	64,139 options issued without remuneration
d)	Aggregated information — Aggregated volume — Price	64,139 options issued without remuneration
e)	Date of the transaction	2021-06-02
f)	Place of the transaction	Outside of regulated market

1	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	Håkon Mageli
2	Reason for the notification	on .
a)	Position/status	Group Director, Corporate Communications & Corporate Affairs
b)	Initial notification/ Amendment	Initial notification
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor	
a)	Name	Orkla ASA
b)	LEI	549300PZS8G8RG6RVZ52
4	Details of the transaction(s): section to be repeated for (i) each type of instrument; (ii) each type of transaction; (iii) each date; and (iv) each place where transactions have been conducted	
a)	Description of the financial instrument, type of instrument Identification code	Options to shares in Orkla ASA NO0003733800
b)	Nature of the transaction	Granting of stock options
c)	Price(s) and volume(s)	46,840 options issued without remuneration
d)	Aggregated information — Aggregated volume — Price	46,840 options issued without remuneration
e)	Date of the transaction	2021-06-02
f)	Place of the transaction	Outside of regulated market