1mA for the SMT LEDs is plenty bright IMO
- hard to see silkscreen with the LEDs so bright

v4.0 input optos' blue LEDs used 2k (~0.25mA)
- was maybe a little dim but still clearly evident
- 1k for v4.1

v4.0 vReg green LEDs used 510/2k for 3.3/5V (~1mA)
- plenty bright, could be twice the resistance
- used 1k/5.1k (already on pcb elsewhere) for v4.1

