12J

220/230

20v

7805

100nF

100nF

C_1

C_2

390

$$20000 \cdot \frac{I}{V} \quad \leadsto \quad C_1 = \frac{20000 \cdot 1A}{12} \cong 1600\mu F \cong 2200\mu F / 50v$$

$$C_2 = 2200/10 = 200\mu F$$