The total current of each port power group should not exceed 100mA.

Absolute MAX per pin:
20mA, 10mA recommended

Absolute MAX for the entire package:
200mA for the entire package

3V3 output from regulator:
Absolute MAX 400mA

USB JACK
Micro Type B

Optional Lipoly Battery

Connect to ground to disable the 3.3V regulator

Can't go higher than 3.3V

Power
GND
Physical PIN
Port PIN
Analog PIN
Serial PIN
PIN Function
Interrupt PIN
Control PIN
IDE

PWM Pin
Port power group

https://www.adafruit.com/product/2771

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