Approximately 0.020 V - 2.8 V adjustable power supply

The LT3082 must always feel a load in order to produce an output.

So, when the power supply is adjusted to its max voltage, 2.8 Volts, there is 2.8V/56ohm = 50mA flowing through the 56 ohm resistor. This leaves roughly 150 mA for 'Vout'. The LT3082 is rated to output 200mA, so there is still plenty of current remaining to power our green LEDs.